

PSYCANICS

This is an excerpt from the book

You Are The Creator

By Thomas Michael Powell

To purchase the full book please go to
www.psycanics.org

Psycanics is a Unified Field Theory of existence that integrates philosophy, psychology, and spirituality into one knowledge system that creates accelerated personal change and advanced spiritual development.

The Psycanics Foundation is a non-profit, educational organization seeking a better world through the dissemination of a new and powerful science that describes precisely how life works.

Table of Contents

Chapter 1	
Objectives	3
Chapter 2	
What Is This Book?	5
Chapter 3	
What Are You?	15
Chapter 4	
A Few Fundamental Concepts	21
Chapter 5	
You Are The Creator of Your Mind	25
Chapter 6	
You Are The Creator of Not Being the Creator.	35

There are a total of 23 chapters in this book.
To purchase the full book please go to www.psycanics.org

Chapter 1

Objectives

This book will purvey you with a basic understanding of how your BEing and your Life really work. You will learn:

- How you create all your experience, all your thoughts and emotions, and the circumstances of your life.
- The nature of Love; what it is, where it is, and how it works.
- The nature of Happiness: what it is, where it is, and how it works.
- Why you feel the way you do. You will know the cause of all your emotions, both positive and negative.
- That there exists a scientific and precise technology for eliminating negative emotions, both at the time of their activation, and over the longer term, permanently from your life.
- Exactly what self-esteem is, where it comes from, and how to develop it in you and in children.
- Understand your mind much more. You will be aware of certain mechanisms of thought that cause most of the problems, conflicts, and suffering on this planet.
- Human behavior. You will be able to trace any negative behavior to the exact cause in your subconscious. You will know that there exists a procedure to change your undesired behaviors including addictions of any kind.
- The fundamental causes of conflicts and negative energy between people.
- How your life flows from Who You Are. You will understand that the most important thing in life is the work that you do on your BEing.

A SUMMARY OF THIS BOOK

The last chapter contains a summary of this book. However, a single misunderstood word is sufficient to prevent the understanding of the text. As the summary includes technical words and concepts explained in the book, it may be difficult to understand before having read the book.

*There is nothing you cannot be, there is nothing you cannot do.
There is nothing you cannot have.*

—Conversations With God

Chapter 2

What Is This Book?

You are the Creator of your life. By this I mean, you are the ultimate **Cause** of everything that exists and occurs in your experience, in your life. You are Cause of all that you think and feel, the quality of your relationships, and the conditions and events of your life.

You primary creation and your primary experience is **yourSelf**. You are creating your **experience of self** at all times, whether that experience is one of being powerful or powerless, of being rich or poor, of being sick or healthy, of being a winner or a loser, of being joyful or depressed, of being happy or unhappy. Positive or negative, happy or painful, you are the creator of your experience.

You are also creating your physical circumstances, including your physical health and your financial situation. Of course, most of the time you don't know you are doing it, much less how you are doing it. However, in this book, we will be concentrating on how you create your non-physical experience (of Self (including self-image, self-esteem, self-love), of your mind and thoughts, of emotions, love and happiness). We will deal with how you create your physical universe and life circumstances and events in more advanced books.)

Many people walk around thinking that life just happens, and they are basically at the mercy of random events and circumstances. Nothing could be farther from the truth. You have the **Power**; you lack the Knowledge. It is your **ignorance** of the fact that you are Creator, and of the process by which you create, that blocks your innate ability to create the life that you desire.

This book proposes to remedy that ignorance by detailing how you create your experience and your life.

The fact that you are the creator of your life is not news. Oriental philosophy (Buddhism, Taoism, Hinduism, etc.) has taught this for thousands of years. In the Western world, it has also been proclaimed for many years; James Allen in *As a Man Thinketh*, 1905, being an example. Modern expression of the concept that you are a Creator include Psycho-Cybernetics, PMA (Positive Mental Attitude), Silva Mind Control, and NLP (Neuro-Linguistic Programming)

What this book offers that is new is not the fact that you are the creator of your life, but **HOW you are creating everything**. This book presents cutting-edge

knowledge of the mechanisms and processes by which you create your personal world. It spells out the laws of the operation of your spirit, mind, emotions, love and happiness. It shows you the precise procedures by which you create your life. With this knowledge, you can take a quantum leap forward in understanding yourself, others, and life; and will be able to begin to create the life you desire.

We will show how you create Who You Are (your BEing and your IDentities), and then show how your BEing creates your life. We will explore certain thoughts—always your creations—that are causing most, if not all, of your problems in life.

We will show you what your emotions are, how you create them, and how you can eliminate the negative ones and generate the positive ones. We will present the exact mechanism by which you are creating your emotional pain in life, and point out the only true road to permanent and impregnable happiness.

We will show you the origin of your conflicts with others. We will show how you create or destroy your self-esteem. We will examine the nature of love and how you create it—or create its opposite anti-love. And we will present what is necessary for you to achieve power over the physical universe so that you can manifest the things you wish to have.

Psyanics, Psycan, and Psycanic

Psyanics is an extensive model of human existence that integrates philosophy, psychology, non-physical energy physics, and spirituality into one body of knowledge, and corrects the errors of religions. It is scientific. It proves its laws and principles and eschews faith and belief.

As scientific philosophy of how life works, as does all true knowledge, Psyanics gives you the power to understand and control your life. It gives you the power to resolve problems, eliminate all your negative emotions, pain and suffering; improve your relationships; grow your self-esteem and self-love and love for others; and expand your happiness. Its central themes are your relationship with Wisdom, Power, Love and Joy.

A “**psycan**” is the non-physical LIFE Energy entity, consisting primarily of Consciousness, Will, (Causal Ability), and Love-Joy. Synonyms include spirit and soul. You are a psycan, an immortal Spirit, temporarily located in a physical body for the purpose of experiencing and manipulating the physical universe. Psyanics is the study of the origin, nature, functioning, abilities and purposes of psycans, of the non-physical part of humankind: Consciousness, Will, Mind, Emotion, Love and Happiness.

“**Psycanic**” is an adjective that means: of, belonging to, or related to, psycans. Anything psycanic is anything that is non-physical, which cannot be detected or measured by the human body or physical instruments. Psycanic energies / realities / things / experiences include your IDentities¹, your thoughts and all the content of your mind and subconsciousness (memories, data, ideas, imaginations, dreams, knowledge, plans, goals, values, beliefs, dogmas, philosophies, religions, etc.); and all

¹ Identities the meaning of this extremely important concept will be come clear much later.

your emotions anger, anxiety, fear, sadness, sorrow, grief, guilt, resentment, depression, frustration, desperation, etc.

Notice that the most important things in life are psychic, not physical. Wisdom, Intelligence, creativity, imagination, enthusiasm, Love, Joy, relationships, and feelings, for example. Even the concept of money as a store of energy (as opposed to the physical representations of money such as coins and bills) is psychic.

Knowledge is Power

People have come a long way since cave-dwelling days. We have acquired power over the physical universe and are able to bend matter and energy to our will to a considerable extent. Our power and the quality of life it gives us would astound all prior generations.

Power is the ability to produce the desired result. Power is the son of Knowledge. Knowledge begets Power.

Knowledge is that understanding of the principles and laws of existence that allows us to select the few correct actions among the infinite possibilities of actions. It then guides those actions to produce the desired result. Knowledge is the key to Power; they are inseparable.

Acquiring Knowledge and Learning

The learning of any subject matter is about 80% understanding the concepts and 20% assembly of the concepts. The concepts are the ideas, principles and laws of a subject. Assembly is the placing of the concepts into their relationships with each other to create a mental model of the subject that guides the student to apply the knowledge in a practical manner. These smaller models then become parts of an even greater model until finally you have a science. Science is knowledge and knowledge is power.

The study of any science is very much like learning any language. The concepts of a science are the words, the assembly is the grammar. The words are what things are; the grammar is how those things relate and affect each other.

Before you can assemble a science, before you can acquire power, you must first acquire the pieces, the concepts. The primary failure in all study and learning is that the student proceeds beyond a word or a concept he or she does not understand completely. On doing so, s/he has failed to pick up all the pieces and there is no way s/he can assemble the science. It is impossible to learn anything if you try to proceed accumulating mis-understood words and concepts.

To read or study with mis-understood words is like trying to assemble a motor with missing and misshapen parts. The motor is just not going to work.

Concepts are made up of and depend on words. The failure to understand one or more words used to express a concept will make the comprehension of that concept impossible.

Thus, the primary rules of learning are:

Never, ever, continue to read beyond something you do not understand. To do so is to guarantee that the subject will become more and more confusing, difficult, and eventually impossible to understand, much less apply.

If you don't understand something, the cause is a mis-understood word. Any time you do not understand something, look for specific mis-understood words. This is more complicated than it may seem there are about 12 different ways to mis-understand a word.

Once you find the mis-understood word, learn ALL its definitions in a dictionary and then its concept. If it is a technical word of Psycanics, then it must be learned from the technical dictionary included with this book. Trying to use that normal dictionary definition of a technical term will only increase confusion.

Nomenclature

Psycanics has an extensive and very precise nomenclature, one that is designed to get you to look and think about existence from a particular point of view. However, in this book, in the interests of simplicity and readability, I have avoided technical words as much as possible. Where not possible, I define the word when it is introduced and include it in the Psycanics dictionary. When you encounter a defined word, learn it carefully. **The fact that it is defined means that it has a meaning beyond the usual ones.** If you don't learn and use the psycanic definition, you will soon be unable to understand the text.

Operating Manual

Life is complicated. You are complicated. You are the most sophisticated and complicated entity on the planet—much more so than any other animal and any machine or computer. Your body is so complicated that physical science—medicine—only understands about 40% of its workings. Your spirit, mind, emotions, and behavior are so complicated that non-physical science, psychology, understands very little of how these function.

Therefore, you should not expect any book that purports to unravel such complicated mechanisms to be overly simple. I would love to be able to promise that this book is simple and easy to understand, but the truth is that it may require considerable effort to absorb the concepts. So this is not a “jolly-you-along” self-help book; it is not motivational or inspirational. It is science, albeit simplified as much as possible. Therefore, please don't expect light reading. You are going to have to work to understand new and revolutionary concepts. As we said, both you and life are extremely complicated. You are not going to achieve much power over things as complicated as yourself and life with platitudes and PMA (Positive Mental Attitude). Real Power over life requires real knowledge and that requires real effort to understand and to apply it.

An analogy The most complicated machine on the planet is probably the space shuttle. You are not going to be able to fly the space shuttle with high school physics textbook. You need the real operating manuals—and they consist of thousands of pages of highly concentrated information. Likewise, to fly yourself through life requires a reliable Operating Manual for your BEing.

The price of Power is to acquire Knowledge and powerful Knowledge is rarely light reading. You will have to study and to think if you want to get anywhere. What I can promise you is that this book is powerful it, with the other Psycanics texts, will give you the power to control your BEing and therefore your life.

Cults, Sects and Religions

Some of the people who truly apply Psycanics in their lives become fanatical about it. People who don't know much about Psycanics see their fervor and sometimes conclude that Psycanics must be a cult or a sect or even a religion. It is none of these. Psycanics has no dogmas, no commandments, and no ecclesiastical authorities. It claims no divine revelation and asks neither belief nor faith. It seeks neither your adherence nor your obedience.

It is a science a system of laws and principles that models how human beings function and how life works. It proves these principles in the laboratory of your own life. It validates itself by the fact that it works. It never seeks blind belief or faith, and in fact eschews these as destructive of Truth and Power. So why do some people become so enthusiastic (even fanatical) about Psycanics? Simply because they have—often after years of searching—found something that really explains life and that really works to give them the results that they desire. They have found a system of knowledge and procedures that truly increases their Wisdom, Power, Love, and Happiness in life. Who would not be enthusiastic about that?

Confront

You may find this book confrontational. It is going to put the mechanics of your psyche (another definition of Psycanics) in your face. You may not always like what you see. Many people will throw this book down because they can't handle this level of reality about themselves or this level of responsibility for their lives. It is not that the book is designed to be confrontational; it just is because there is no way to avoid it and tell the truth. And without Truth, which is true Knowledge, you have no Power.

There Is a Solution

Fortunately, in the final analysis, in the psycanic cosmology, life makes perfect sense. When you understand Psycanics and just a touch of mysticism, the purpose and the functioning of life become clear.

And life does have a steering wheel, a point of power and control. It does have one focal point where a little effort will achieve grand results and change the course of your life. This element is your BEing—and the main focus of this book.

Conventions

To get the most out of this book, please note the following recommendations and text conventions:

SPIRITUAL VERSUS RELIGIOUS

The word “spiritual” is often written “spirit-ual.” This is to remind the reader not to confuse spiritual with religious.

- **Spiritual** means “related to spirit,” to a non-physical, Life-energy entity. Spirit means “Life” or the “Animating Factor” in the universe. Its prime characteristics are Awareness, Will and Essence. There is only ONE SPIRIT or LIFE ESSENCE BEING that in different levels and amounts, imbues ITSELF into forms, creating the appearance of many separated,

individual BEings. You are a spirit, a Life-Energy entity, temporarily focused in a physical body. All the laws of Spirit and spirit-ual energy apply to you.

- **Religious** means “related to a registered brand of dogmas, doctrines, and rituals about God.”

Many people confuse these words, spiritual and religious, thinking they are more or less the same. However, they are not only not the same, but are sometimes opposites. Something can be very spiritual and not at all religious, e.g. meditation and mysticism.

And something can be very religious and not at all spiritual, e.g. dogmas and doctrines, intolerance of other religions, intolerance of free thinking, intolerance of ideas such as spirits and past lives, inquisitions, crusades, jihads and other “holy” wars, terrorism.

Psycanics is highly spiritual in that it deals with you as a spirit and how you function spirit-ually. Psycanics is not a religion and is not religious it eschews dogmas, doctrines, faith and belief. It is a science, founded on evidence and proof. As we shall see, religions are unfounded belief systems without evidence, and are therefore logically, philosophically and scientifically NOT TRUE².

Acronyms, Abbreviations, Symbols, Formulas & Equations

Psycanics has many acronyms, abbreviations, and symbols PIRs, NIRs, RExp, RespExp, neg emo, EmoLoveJoy, Rxx, Perxx, and UPS, to name a few.

Examples:

“→” means “causes or produces.”

“BE→FEEL” means “BE causes FEEL.”

“UPS” means **U**nhappiness, **P**ain and **S**uffering. (Memorize this one: you will see it frequently.)

Each is a symbol to be learned and connected with its concept. These are listed in the free *Dictionary of Psycanics*, www.psycanics.org.

Polarities and the Symbol +/-

Many of the most important phenomena of existence, and therefore in Psycanics, are Polarities (as explained in the text). When the concept of Polarity is important to the term being discussed, the symbols of +/- will be added before or after the word.

² NOT TRUE is a Psycanics technical term meaning anything for which there is no objective evidence or proof such that all other people must agree to its existence or functioning. Where humankind has found TRUTH, there is only ONE, in use by all people everywhere without argument. The physical sciences are example of TRUTH. Religions, by their multiplicity alone, show themselves as NOT TRUTH, as only beliefs. There is a chapter on all this in this book.

Examples of the use of the Polarity symbol +/-.

- “**Emotion+/-**” This means “both positive emotions and negative emotions,” or “any emotion whether positive or negative,” or “the entire Emotion Polarity Scale from lowest negative to highest positive.”
- “**Love+/-**” means both positive love and negative love. (The concept of negative love will be explained in the text.)
- The term “**anti**” may be used to express the negative polarity, for examples:
- “The concept of **Power+/-** includes +Power and AntiPower.”
- “The negative polarity of Love is AntiLove.”

Gender

Where a sentence includes both or either gender, I use these dual gender forms s/he for she or he; hir for him or her; hirs for his or hers. Example

Whoever fixed that; s/he is very intelligent, but s/he left behind hir tools.

Word Equations

You will often see two or more words with an equal sign between them, and all the words underlined to group them into that thusly-created word equation. The equal sign between the words means that the underlined words share the same concept; or one thing is included in the other, or they are in some way highly related as to meaning.

Underlined word equations connect or unite different words that refer to the same phenomenon. This is extremely important to full conceptual comprehension.

Three examples of word equations

- Negative emotions = MODs = activations = resistance = AntiLove = UPS
- Consciousness = perception = feeling = experience = knowing
- Emotions+/- = Love+/- = Happiness+/-

In each example, these words appear to be different phenomena, but they are really all the same thing. It is unfortunate that we have different words for the same thing as this has prevented real understanding of the phenomenon.

For example; we will show that Emotions+/- = Love+/- = Happiness+/- are all the same thing. Until you understand this, you do not really understand any of them and are lacking critical data about how your life works.

When studying, until you understand why and how the equation-linked phenomena are all the same, you have not understood any of them fully. Any time you do not understand why the equal sign is there, why and how the terms are intimately related, you do not have full conceptual understanding in the area.

Make sure that you understand the sentence with each of the words individually and with all the words together. At first, word equations may feel a little awkward, but you will soon get used to it and eventually appreciate how they add to your understanding.

Words in ALL CAPS

- All words referring to that indefinable FIRST CAUSE beyond human comprehension are written in all caps; and there are many. Examples include INFINITE, CONSCIOUSNESS, INTELLIGENCE, LOVE; WISDOM, CREATOR, CAUSE, WILL, POWER, ENERGY, ESSENCE, SPACE, the ONE, the ALL THAT IS, IT, the EVERYTHING-NOTHING, TAO, SOURCE; ESSENCE, etc. Pronouns referring to IT are also capitalized and will usually be dual gender S/HE, HIR, ITSELF, etc.
- The elements of the Causal Sequence, BE→FEEL→THINK→RELATE→DO→HAVE, are always written in all caps to make sure that the reader recognizes that we are referring to elements of the Causal Sequence. This rule includes their derivatives such as BEing, FEELing, FELT, RELATEing, RELATIONS, DOing, DID, HAVEing, HAD, etc. When you see any of these words with capital letters, remember to add in the entire concept of the Causal Sequence and of that element of the Causal Sequence in particular.
- Your BEing consists of all your IDentities. IDentities are written in capital letters: for example I AM ABLE; I AM INTELLIGENT; I CAN DO IT. The purpose is to insure that the reader recognizes that these are IDentities and that all the laws of IDentities apply. Like BAD and the Causal Sequence, IDentity is a crucial concept in Psycanics.
- BAD and, when important: TRUTH are written in all caps to remind the reader of their total concept and the extreme importance of those concepts to human existence. As an example of such importance BAD is the only entry point to Anti-Love; **it is the only cause of all pain and suffering**. This book introduces the concept of BAD; its totality is explained in the book *Fundamentals of Psycanics*.

The first time a technical term of the Psycanics terminology is introduced in the text, it may be written in capital letters for emphasis e.g. ACTIVATION. It will also be defined at that point.

Capital First Letter Only

Words with a capital first letter refer to the entire psycanic concept of that phenomenon. The major psycanic concepts are usually so complex and extensive that they require multiple chapters, even entire books to explain. Examples of such major concepts include **Love, Power, Cause, SPace, Polarity, Responsibility, Fatal Paradigm**, and **Victim. IDentity** and **SPace** are written with the first two letters capitalized that are also their abbreviations: ID and SP. Each of these concepts is a major and important concept in Psycanics and the first letter is capitalized to help the reader remember this when s/he sees the term.

Repetition of Data

In the first books on Psycanics, I try to make each book a conceptually complete unit, so that each can be understood without needing to have read previous books.

To do this, I must repeat certain fundamental concepts in each book. For example, no serious philosophical discussion of life can be complete without Polarity and the Causal Sequence. Therefore, I must include these in all the first level of books so that each can be read independently of the others.

In the advanced books, I presume that the reader already understands the fundamental concepts, and so make a minimum mention of these so that we can proceed to advanced concepts.

Chapter 3

What Are You?

What are you?

Not “who” are you: What are you?

When you say “I,” to what exactly are you referring? What is “I”? What are you?

Are you your possessions? Are you your nationality or your race or your religion? Are you your body? Are you your human identity? Are you your emotions? Are you your mind? Are you your thoughts?

Most people have never distinguished their consciousness from their mind. Most have never distinguished their spirit from their human identity. Most have never felt their immortality.

None of these things above is you; none is your “I.” These are things or qualities that you do or have, but they are not you. You are something far beyond, far higher, far more powerful than your mind or emotions, or your body or your human identities, or any material possessions.

The “I,” the essence of existence that is in every one of us, is all the same “I.” It consists of two elements: Will and Consciousness. The I in you is the same I in everybody: there is only one I. (See the book *Cosmology* about this.)

Will is your ability to be **Cause**; it is your capability of Power. Your Will is your ability to decide and choose and determine. It is your power to move energy, and to **create** and manifest what you desire.

Consciousness is the second element of your being. Consciousness is awareness. Consciousness and the ability to experience are the same. It is your ability to perceive, to experience, to feel. These are all the same phenomenon: consciousness = awareness = perception = feeling = experience = knowing. Consciousness or awareness is feeling of all kinds, starting with Self, one’s own existence. Experience is the perception and feeling of what is, of reality. You perceive = experience = feel your thoughts and ideas, your emotions, and your body. Through your body, you perceive and feel the physical universe. When you are unconscious, as in deep sleep, you do not feel anything, including your Self and the fact that you exist.

Your experience is the only thing that exists for you, the only thing that you know or can know. These two qualities Will and Consciousness make up the essence

of your BEing: you are an **AWARE-WILL**.

Neither Will nor Consciousness is physical. They cannot be found or measured with physical instruments. You, the Aware-Will, are a **non-physical life-energy entity**. Because different systems of thought use different words for this entity—e.g. spirit, soul, anima—and because we want to be very precise, we call that life-essence entity that you are a **PSYCAN**.

Definition: PSYCAN: The non-physical life energy complex consisting of the Life ESSENCE energy that is above all, Will and Consciousness. ESSENCE also has the properties of Cause, Power, Intelligence, Intuition, Creativity, Wisdom, Value, and Love. The psycan is the unit of control and perception that directs and experiences all lower forms of energy - thought, emotion, and physical energies and matter. The cosmos is full of psycans, some of whom incarnate in a human body in order to play in this physical universe: you, for example. The word comes from the Greek: “psyche” which is the root of “psychology” and “psychic” and other psi and psy words.

Definition: PSYCANICS: Psycanics is the study and the science of the psycan, of the spirit BEing that is the essence of the human being. Psycanics reports what s/he is, how s/he functions and what s/he does. It includes the study of all his abilities and powers including: will, consciousness, experience, mind, thought, emotions, power, wisdom, love, happiness and relationships with others. It is a science of the soul, of being, and of the non-physical parts of your existence - mind and emotion, love and happiness, for example.

Definition: psycanic, is an adjective. “Psycanic” means related to the psycan and, therefore, to that which is **non-physical**. Psycanic energies = experiences include everything that occurs in your mind: thoughts, ideas, memories, knowledge, beliefs, values, identities, etc. “Psycanic” energies include all your emotions and non-physical feelings. Emotions include: resentment, anger, hate, fear, anxiety, worry, sadness, sorrow, grief, guilt, depression, joy, enthusiasm, etc. Other non-physical = psycanic experiences include: intelligence, intuition, creativity, wisdom, love, happiness, etc.

All of these things are psycanic as opposed to physical. They do not come from, are not produced or found in the physical universe. They are part of another universe, the psycanic or spiritual universe in which you psycan = spirit reside, even while you are visiting this physical universe.

To control life, we must start with that which is going to control life: you, the psycan. Your life is your experience, all of your experience, both psycanic (mind and emotion) and physical. You are not a puppet of the universe. You were designed to control your life = experience and to be able to produce the experience that you desire to live. You were designed to CREATE your life, to CREATE your experience, and so experience what you desire and choose to experience.

Many of your problems arise in life because you do not think of yourself as an Aware-Will, as a spiritual being having a physical experience. You do not think of your Self as Creator of your experience. Instead, you identify with your mind, or your

emotions, or your body, or your human roles—instead of with your spirit. You think of your Self as a small, relatively powerless entity in a vast, uncaring, or even hostile universe over which you have little influence.

These are paradigms, illusions which you yourself have created. These paradigms cause you problems because you cannot control reality when you are caught in an illusion. They also cause you to focus on things of secondary importance in life while ignoring the important ones, including the highest purposes of your existence: the expansion of your BEing, the increase of your ESSENCE.

Now, let's explore, a moment, your essence: Will and Consciousness.

First: **Consciousness.** All your experience is your consciousness at work. All experience is the effect of energies on your consciousness. Close your eyes and become as relaxed as you can. Take your time. Come fully into the present time, the moment of now. Turn off your mind and focus on your breathing. It will help to watch your breathing. Just watch the air move in and out; feel it at your nose and feel your chest expand and shrink. Do this for a minute or so.

Then, let your consciousness = perceptions expand to include all of your body. No thoughts, no names, no labels, no analysis—just feel your body directly and the space immediately around your body out to about a foot. Just feel this space and your body in it. It is normal to get some negative emotion while doing this—sadness or anxiety are very common. In that case, don't close down, resist or withdraw. On the contrary, open yourself more and just feel as much as you can whatever emotional energies are there. Feeling them flows their energy out from you and discharges→ discreates them. Your resistance, your negation to feel them, causes their persistence. See how long you can maintain your consciousness focused on and experiencing any negative energy, before you slip off into mind, non-confront, and forget what you are trying to do.

End of exercise.

Now let us examine **Will**. Will is force; it is Power. It is the ability to move energy. There are many degrees of Will. There is the Will that you exercise when you choose to lift your arm or go somewhere. There is the Will that you exercise when you commit to a relationship or to a goal.

Will requires resistance to experience and to grow. The more negative energy that there is against you, the more Will that you have to use to overcome the resistance and move yourself. For example, surely you have had the experience of having to get up early after not having slept enough. It almost physically hurts to get out of bed, and you have to use your will-power to do so. Another common use of will-power is in physical exercise, foot races for example. You become tired, and your body and lungs are screaming, "Stop! No more!" But you keep running against the pain on sheer will.

Will is your Creator force, the ability to form and move psycanic energy; and, therefore, to create your psycanic experience including love, joy and happiness. You can also use Will to call forth that which you wish to manifest in the physical universe.

Here is a creation exercise to play with your Will. This is an advanced process so

it may or may not bite on you if you are a beginner at working with your interior energies. Bite means to activate and move your energies to a degree sensible to you; it means the process is working for you. Whether you can sense this process working or not depends on the power of your will and your concentration and on the sensibility of your consciousness = ability to feel. These vary greatly from person to person, and are developed as you apply Psychanics.

You can do this exercise with Love, Strength, Power or any other quality of BEing you would like to start creating in your life. I have chosen, arbitrarily, Richness for this example. (By rich, I do not mean just money—but a life rich and abundant in rich experiences and all that you desire).

Make yourself rich now, in present time. Will richness into you, into your BEing. Be very clear here: I am not talking about thinking that you are rich; I am not talking about imagining or pretending you are rich, or saying or affirming that you are rich. I am not talking about generating an energy of BEing and feeling rich. I am talking about WILLing yourself rich and abundant right now. Will richness and abundance into you, now.

This does not require words, and in fact, it is best done with pure intention, with will-force, not with words. Furthermore, it is not possible to explain very well how to do this. There is, however, something in you that knows how to do this. Just do it.

Your experiential result on doing this process can vary. Your experience will lie along a spectrum from the activation of negative energies such as sadness; to no-change in your experience (common for newbies to interior energy work); to joy and an experience of greater richness. You may feel your energy rise and feel joy and love. Or you may feel pressures and masses moving in your head or body. Or you may feel a negative emotion such as sadness or anger. Or you may be blocked, as I once was, and feel nothing.

Again, the results of this exercise will vary greatly from person to person and may be difficult for beginners to interior energy work to perceive. How to do this, and the reality of the results will also increase once you have taken the Psychanics courses on Power, Creation and Manifestation.

You can also do this creation exercise with Love. Will Love into you. Love yourself by your will to do so. Will: “I love me.” Will to BE Love: “I am Love.” Contemplate: “I open myself to the Universal Love;” and “The Universe loves me.” Positive energy may activate negative counter-energy, so it is normal that this process activates sadness. That sadness has to be discharged in order to experience the Love underneath, but that is beyond our discussion for the moment.

It took me a long time before I could break through my blocks to Love and actually feel this process working. And when it did, I spent months discharging sadness (AntiLove) before I could feel Love positively. However, now, I can flood myself with Love and Joy (they are the same thing) at will.

End of exercise.

So: WAKE UP!

Wake up from your slumber in this physical reality. Feel yourself, your “I,” your “I AM.” You are an immortal spirit, a point of Aware-Will, a psycan, incarnated in a human body. You are here to experience; you are here to play. You are here to pursue your Destiny, and to create and enjoy whatever you choose—once you remember how. (And I say “remember,” because as an immortal spirit, you already know all this.)

If you are creating things you don’t want, first admire your creator power: how real have you made all those things that you don’t want? How real have you made your negative emotions? Or your bad health? Or your lack of money or a job you dislike?

You have the same power to make real in your life whatever you choose: loving relationships, health, and wealth. The Power is within you. You lack only the Knowledge of how—a deficiency that we are starting to remedy with this book.

You are an Aware-Will, a “psycan.” Your highest elements of BEing are Will and Consciousness. Will is the ability to create and Consciousness is the ability to experience that which has been created—and to discreate that which is not desired.

**You are the CREATOR and
you are the EXPERIENCER
of that which you have created.**

Chapter 4

A Few Fundamental Concepts

Before science, people lived in ignorance and superstition, and ergo without power. Science is way of modeling life, so that you can take control of it. Psycanics, as does all science, teaches you to look at and think about the world in a certain way, a way that gives you power over it. This chapter is an introduction to some basic concepts that you need in order to be able to look at life from the psycanic viewpoint. This is only a brief explanation. Each of these concepts is extensive and is covered more fully in other works.

ENERGY

Everything that exists is made or formed of energy, including solid matter. The universe is made of energy, whether fluid (radiation) or static (matter). Einstein demonstrated this for solid matter with his famous equation: $E = mc^2$. The concept of energy includes matter.

The universe is organized, ordered and **lawful**, not chaotic. All energy obeys exact laws. Since everything that exists is energy, everything that exists operates by law. Science as Knowledge is, in effect, the laws of energy, including of the rigid energy that is matter. In the final analysis, both physical and psycanic science are about the nature and control of energy.

“Everything that exists” includes your thoughts and emotions, happiness and pain. These are all energies and your experience of energies. Your thoughts and emotions are masses of energy. Masses of static or “rigid” energy is the definition of matter, of things. **Your thoughts and emotions are things; they are objects.** As such, you can control them.

Your thoughts and emotions are lawful: they obey specific laws and principles. The understanding of these laws gives you power over your mind and your emotions, and that power is our objective. **Only by achieving power over your mind will you achieve power over your physical world.**

Summary:

- Everything that exists, both physical and psycanic, is energy.
- All energy—and therefore everything that exists—follows the laws of the cosmos. Everything operates according to laws of cause and effect—including your BEing, mind and emotions.

EXPERIENCE

Your experience is everything you perceive, feel, and live. You have experiences on many levels. Your mental experience is the perception of, the experience of, your mental energies = objects, that is, of your thoughts, ideas and memories. Your feelings are your experience of your emotional energies. You experience your body, and through your body, you experience the physical universe.

Some of the Laws of Experience are:

- There is only experience. Experience is the only thing that exists.
- Life is experience. Your life is all your experience and nothing more.
- You know something, and that something is real for you, only to the degree that you experience it, whether directly or through experiencing other's reports of their experience through any form of communication.
- The only motivation of all human behavior is to control experience.
- The primary experience is the experience of your own BEing, about which you generate either self-love or self AntiLove. As we will later show, your emotions are your love or AntiLove for Self according to your Essence IDentities of the moment.

To understand the importance of the concept of experience, try to name anything that affects you, anything that is important to you—or for that matter, anything at all—that is not an experience. Your life is your experience.

The objective of Psychanics is to teach you how to control your experience, both your psychic experiences and your physical experiences. You can learn to control your psychic experience of happiness, unhappiness, or pain without having to control the external world. This is a great power and a great freedom, including the freedom from all suffering.

TWO UNIVERSES

You exist and operate in two universes. Your experience = your life occurs in two universes, two distinct areas of energy, each with its own set of laws. A universe is a space wherein all energies = things operate according to the same set of laws, and therefore behave congruently and consistently. A universe is a place of a certain kind or set of experiences: your physical experience is very different from your mental experience. You are very familiar with the physical universe, with physical space and light and heat energies and physical matter = objects including your body. All these are governed by the laws of physics, chemistry, and biology.

However, the physical universe is your second universe and is of secondary importance. Your primary and more important existence takes place in a universe of a higher order: your psychic universe. Your psychic universe consists of all your psychic energies = objects = realities. It is your interior world, your private world of thought and emotion. **It is the place wherein all your non-physical experience occurs.**

Your psychic universe is a universe in every sense of the word. It is a space around you in which you exist (you, the Aware-Will entity). That space contains

psycanic energy = matter = objects = things = realities. It has its own time—time that passes fast or slowly depending on whether you are enjoying positive energy or suffering negative energy. It is the space in which the energy-forms of your mind such as thoughts, ideas, memories, images, beliefs, and your emotions exist.

Remember that all of these items are masses of energy = objects = things, and you can learn to control them. **The fact that they are not physical in no way reduces their importance nor their reality and impact on you. In fact, your psycanic universe is equally real, more powerful, and more important than your physical universe.** It is not only the source of all your psycanic experience; it is also your control panel for your physical universe. In your psycanic universe, you can create what you want in your physical universe.

Your psycanic universe is more important than your physical universe for several reasons.

First of all, your psycanic universe contains all the things that are most important to you—that which you most seek in life. It is the place of residence of Who You Are, your IDentities, and of your personality, character, intelligence, Wisdom, Power, Love and Happiness. Wisdom, Power, Love and happiness are psycanic, not physical; and these are the Essence of Spirit and are what you most seek. Furthermore, they are not found in and do not come from the physical universe.

Your psycanic universe controls your physical universe. Your physical life conditions are the reflection of your psycanic universe. Your mind, your thoughts and especially your IDentities—all of which are energized+/- by your emotions+/-—determine what shows up in your life.

Your psycanic universe determines your physical universe. Your thoughts, beliefs, values, ideas, visions, resistances, emotions, affinities, aversions, etc., attract or block what you want or don't want.

You must first learn to control your psycanic universe before you can control your physical universe. You must gain power over yourself, over your interior, before you have power over your exterior.

POLARITIES

Many experiences, both physical and psycanic, are polarities. That is, they consist of two opposing poles and a range of variations or degrees between those poles. Some examples of physical experience polarities are: hot-cold, up-down, light-dark, big-little, rich-poor, and strong-weak.

Some examples of psycanic polarities are Positive-Negative, Good-Bad, Pleasure-Pain, Power-NoPower, Cause-Effect, Happiness-Unhappiness, Joy-Suffering, Emotions+/-, Love-AntiLove, Success-Failure, and Rich-Poor.

Some of the Laws of Polarities are:

- For any form of polar experience to exist, both poles and polarities must exist. You cannot have one polarity without the other. This means you cannot have pleasure without pain, good without bad, success without failure. One must exist in order for the other to exist.
- You can only know and appreciate one polarity of experience to the degree

that you have known the other. BUT...

- It is not necessary to continue to experience a negative polarity. One experience of a negative polarity is sufficient for you to be able to appreciate the positive polarity.
- The price of ignorance of the nature of Polarities is suffering. All suffering is resistance to one side of a polarity, which means that all suffering is due to ignorance of how life works. Any person who does not understand and is not able to transcend polarities, particularly the resistance to negative polarities, will suffer.

The concept of Polarities is extremely important in Psycanics, and we will refer to and apply the concept many times in the future.

CAUSE - EFFECT

Both universes operate by the laws of Cause and Effect. The laws of Cause and Effect are the essence of science. In your life, you are either at Cause, that is causing \equiv creating your realities and experience, or you are at Effect. At Effect means that your creations are impacting you and causing your experience, but you are not aware of having created them. You feel that you are a victim of life with little control over what happens to you. Thus, you are either Power-full, or power-less, which is the condition of Victim.

RESPONSABILITY

Responsability (spelled with an “a” in Psycanics) is the point of transition between Cause and Effect. Response-ability is the acknowledgement of your Cause in the things that you do, and the ability to respond to the things that happen to you. To respond is to act, and to act is to be Cause.

VICTIM: A Victim is a person who believes that life mostly just happens to hir without hir control. S/He believes that “shit happens” and that s/he has had little to do with it happening—a condition of no Response-ability. Victim is a belief of no Personal Power. Most human beings live in the condition of Victim. Common behaviors of a Victim are complaining, blaming, guilting, and covert manipulation of others.

You either live at Cause and are taking responsibility for your experiences = life, or you live assigning Cause = blaming others and life for your experiences. Anyone who assigns responsibility = blames others for hir experience assigns hir Personal Power outside of himself and creates himself as the victim of others. To become Powerful, to control your life, you must live in a condition of Responsibility for everything that happens to you, especially your emotions. Thus, Responsibility is a make-or-break point in life. The book *Fundamentals of Psycanics* covers Cause, Effect, Responsibility and Effect in much more depth.

Chapter 5

You Are The Creator of Your Mind— and there isn't one.

My object is to stimulate men and women to the discovery and perception of the truth that "They themselves are makers of themselves" by virtue of the thoughts which they choose and encourage; that mind is the master weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain; they may now weave in enlightenment and happiness.

—James Allen

Imagine the deepest, darkest jungle; a place that has never known the hand of a gardener or caretaker. The vegetation is wild and overgrown. The trees are twisted and gnarled and so thick overhead that they block most of the sunlight and the jungle floor is dark. Few produce fruit and the little that they do is of poor quality. Vines twist and turn and interweave every which way. The thorn bushes stick out like islands in the weeds and waist high grass slices you as you try to push through it. The bushes and the trees are laced with cobwebs. Their creators standing guard on the edge. Vipers lurk about in the grass and slither between the tree roots ready to strike anyone who should tread near. The air is buzzing with biting flies, mosquitoes and other obnoxious insects.

Now imagine a palatial garden, well-tended and spacious. The original brush has long since been cleared out and the weeds pulled. The trees, which were carefully selected, planted, and cared for have grown strong, straight and tall. They were deliberately spaced so that adequate, soft sunlight filters from above creating soft, pleasant lighting. Many are fruit trees, most heavily laden. The flowers, especially chosen for their beauty, glow on all sides, sparkled here and there by the flutter of butterflies. The lawn is manicured to look and feel like a fine green carpet. There are no dangerous animals or insects. Instead, birds chirp and flirt, and squirrels and chipmunks dart hither and thither.

You are living at this moment in one of these scenarios. These gardens represent your psychic universe, your interior life, the condition of your thoughts and emotions. They represent the state of your mind and your emotions. Your interior life is either light, airy, peaceful, love-ful and joyful; or it is heavy and dark, a jungle

of negative thoughts and painful emotions. For simplicity, I will speak in terms of the two opposing poles, although most people live somewhere in between and with a mixture of happiness and pain.

To use another analogy, your mind is the house that you live in. You literally live inside your mind. Your mind is full of objects, your thoughts and emotions. They are the furnishings that determine the beauty or ugliness of your residence.

What determines the furnishings of your interior space, the psychic real estate, the garden or the jungle wherein you exist? You do, which is what we will be proving in this book.

Your mind is like a garden or a residence in two ways:

First: You reside there; you are inside your mind. You may think that your mind is inside you, but this is not so. You, the psycan, reside inside your mind. Your mind is all around you = consciousness.

Second: You have to weed, plant, fertilize, and tend your mind. You have to weed out useless thoughts and negative identities and all painful emotions. You have to plant and water the flowers and the trees, i.e. the positive thoughts, identities and emotions that you wish to enjoy.

Many people take very poor care of their mind. Those who do not tend their inner world will live in a psychic world filled with useless, negative thoughts. Negative thoughts beget negative emotions: anger, resentment, fear, anxiety, worry, guilt, sadness, grief, depression, apathy, etc. Such negative experience is not necessary. You can weed all of these out of your life.

You can consider *Psychanics* a manual for mental and emotional gardening. You will learn to weed out all unpleasant experiences and to plant and maintain loving and happy thoughts.

The Mind That Is Not

The first thing to understand about your mind is that there is no such thing as mind. There are only thoughts, consciousness, and will. Look for a mind and you can find only thoughts. To understand your mind that isn't, we must first understand what thoughts are.

Thought As Energy

Everything that exists is formed of energy. Thoughts are energies formed = shaped = modulated to carry information, to be ideas or images. Thoughts are energy very much like the images on your television or your computer screen. What you see on an electronic screen is modulated energy.

You can also think of thoughts as mental photographs. You can think of them as energy recordings of ideas, knowledge, and data. For example, you can think of your memories as mental video recordings of what you have lived through in the past. Your thoughts are recordings, modulations of your conscious energy field.

All thoughts are **modulated** energy. In the physical universe, we talk by modulating air to form voice sounds. In electronics, radio and television, for example, we modulate the carrier wave at the transmitter to carry the information that we want to

transmit, and it is received by the person listening or watching. In photography, we use light to modulate the chemicals on the film to record images.

The fact that all your thoughts and emotions are energy is important because all energy follows precise laws. When you understand those laws, you can create and discreate any energy form. This means you will be able to create your thoughts and emotions at will. You will be able to control your psycanic universe, weed it and till it, and grow what you want to experience.

Controlling your psycanic universe is important for two reasons:

Happiness is living in the garden instead of the jungle. Happiness is living in an interior world = psycanic universe that is clean and ordered and created to your specifications (by you, of course).

Your physical universe is the reflection of your psycanic universe. By controlling your psycanic universe, you can manifest the physical things and conditions that you desire in your outer world.

Thoughts As Things, as Realities

All things are made of energy. Objects are masses of static or rigid-form energy. Thus, thoughts are things; they are objects. They have mass; they are matter. They have a life, a persistence in time, whether that persistence is a fraction of a second or a lifetime. You can note the varying persistence of thought-matter with knowledge and memories. Some data and some memories are soon gone while others last a lifetime.

Let us introduce the concept of “Reality.” A “reality” is anything that exists, and especially, that you experience. A reality is any form of energy that can cause an experience, whether physical or psycanic. For example, if I throw a rock and hit you, you would have no doubt that that rock is a reality because you experienced it hitting you. In the same way, your thoughts and emotions are realities because they cause you experience, psycanic experience. You create a thought-reality, and then that reality causes you its experience. You experience that reality as an image or information. You, psycan, create and can discreate realities.

Emotions are also realities. An emotion is a mass of energy, an energy form, and, therefore, a reality. An emotional reality zaps you with its charge, and you feel anger or fear or whatever the modulation of that energy mass is. Both your physical and your psycanic universes are filled with realities = objects = things of all kinds. What we seek is power over our realities: the power to create and discreate realities, both psycanic and physical. That is the key to power over our experience, the only thing that exists for us.

**You are the Creator of all your psycanic realities.
What you have created, you can discreate.**

The Cycle of Existence

All things, both beings and objects, exist according to the **Cycle of Existence**. The Cycle of Existence always has three stages:

1.- They begin (are created or born) →

- 2.- They exist or live; and →
- 3.- They end or die.

For example: 1- humans are born → 2- they live → 3- they die.

Thoughts and emotions are 1- created (by you) → 2- they exist and are experienced → and then 3- they dissolve and cease to exist.

Of course, they only cease to exist if you are not resisting them. When you resist them, you are energizing them which gives them more energy = mass = reality = persistence. That is the basis of the **Law: Resistance Causes Persistence**.

In Psycanics, you will learn how to control at will the Cycle of Existence to both create and discreate realities, especially, identities. By causing a reality to complete its Cycle of Existence (be experienced), you cause it to cease to exist.

Returning to the analogy of your psycanic universe as a garden, because thoughts and emotions are things, you can discreate= weed out the ones you don't want. You can plant and grow the ones you do want. This is important because your thoughts, especially your identities, determine all the rest of your life. A little effort in your mind can totally transform your life. We will show how this works later.

Now that you understand thoughts as energy = mass = matter = things = objects, we can explain how it is that there is no such thing as mind.

The Physics Of The Mind

What we call the mind consists of the interaction of four elements.

Will: the force of the psycan that forms and moves energy. Your will molds, modulates thought energy to the form, image or data representation desired. In other words, you create thought forms. If you doubt this, see how many different images of something—trees for example—that you can create = imagine.

After you have formed a thought out of energy, i.e. created it, you can manipulate it like any object. With your will, you move thoughts, compare them, analyze them, compute their consequences and then decide your course of action (if relevant).

The second element is the creations, the thoughts = the mental objects = mental realities themselves. We have already covered the nature of these.

Next is the psycanic space (universe) around you where your psycanic creations = objects, your thoughts and emotions, exist and “hang out.” We divide this space into two ranges or distances, **Conscious** and **Subconscious = Unconscious**.

Conscious: You, the spiritual being, the psycan, are a point of consciousness, of perception of energy. Consciousness itself is an ultra-high frequency energy field: you are that field, concentrated in the center. When psycanic realities are close to your consciousness, within perception distance, you perceive = experience them.

Subconscious: When the realities are “farther out,” outside of the range of perception of your consciousness, they are beyond your perception = awareness = experience = consciousness. They are therefore unconscious or subconscious. There is no such thing as a subconscious as it is commonly thought of, just as there is no such thing as a mind. The subconscious is all the psycanic space around you full of old thought forms and emotional charges that are too far out from you, as the center

of perception, to be perceived at the moment. It is that part of the jungle out of your sight at any moment.

Your thought forms and your emotional charges are highly mobile. They can be called into consciousness = experience deliberately, by Will, as when you want to recall something. And they can be involuntarily triggered to move into your consciousness = experience by events in present time.

For example, when someone says something and you become angry, an anger-energy mass has triggered and moved in on your consciousness = experience. **This triggering of old thought patterns and their accompanying emotional charges is the source of all of your pain in life.** It appears that the external event causes your negative experience, but this is an illusion. We will examine the exact mechanism of all this later.

THUS, YOUR MIND IS:

- your **Will**: that force of being that forms thoughts which generate emotions. Will creates thought realities and manipulates them.
- the thought forms and emotion masses, your psycanic creations = realities, themselves.
- Your **Consciousness**: the ability to perceive = feel = experience psycanic realities. This is the awareness energy field that you are as a psycan. You perceive = are aware of = experience psycanic realities within the field.
- the **Out-of-Consciousness** Space around the psycan where psycanic realities, old thoughts and masses of emotional charge, exist and persist. You can think of this space as a warehouse of psycanic creations = objects, thought and emotion energy forms, that are too far away to be perceived = experienced at the moment. You can call forth realities from this space into consciousness, and they pop into your consciousness = experience all the time involuntarily. These “pop ins” are the source of your emotional charges.

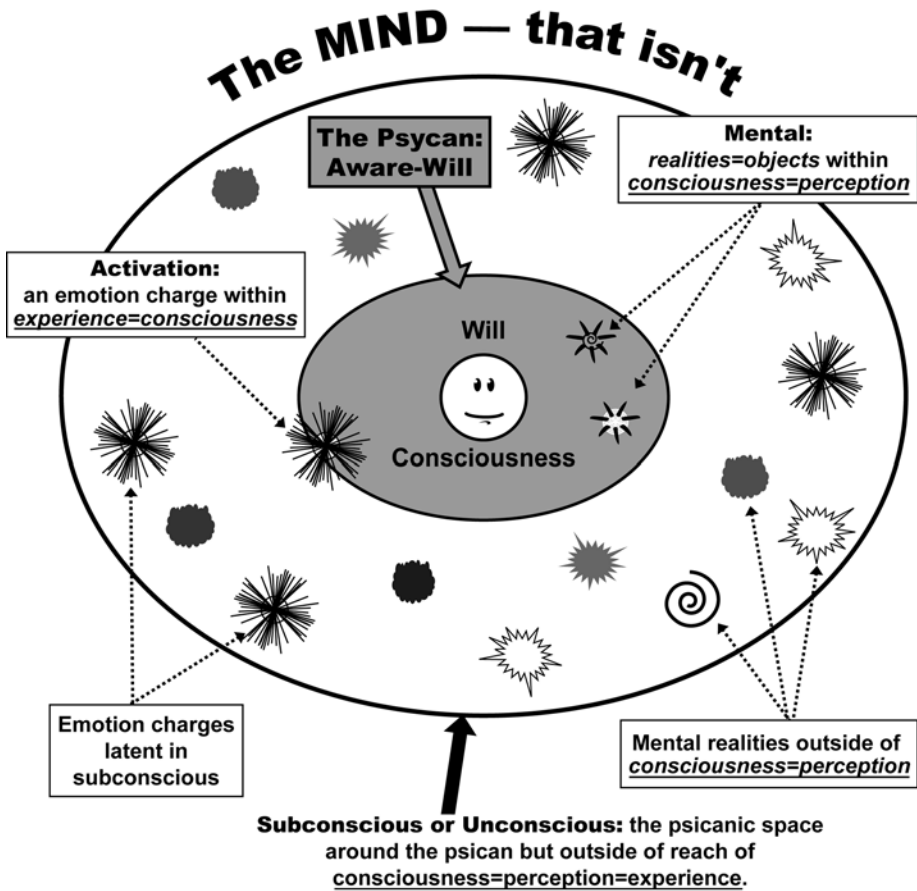
Your mind is you, the psycan, the Aware-Will, **causing = creating** and **experiencing** your psycanic creations: thoughts and emotions. You create and perceive your mental and emotional realities, warehousing the old ones around you but out of perception. (See figure on the following page.)

Your personal physical world is then manifested out of your predominant thoughts and identities, conscious and subconscious, as energized by your emotions, which are creative Love-AntiLove energy.

Now that we have shown that there is no such thing as mind, we will continue to use the word “mind” to refer to the interplay of these four elements. And we will continue to use the word “subconscious” to refer to the location of those psycanic realities that are out of your experience at the moment.

As you progress in your study of Psycanics, you will begin to think about your mind, your thoughts and your emotions, in a new way. You will begin to think in REALITIES. A reality is a mass of energy—thought, emotional or physical—that causes you an experience. You will eventually learn to discreate = terminate the

existence of those realities you do not wish to experience and to create those realities that you do. This is the height of Power: the ability to create and discreate reality and therefore experience.



YOU ARE CAUSE

The next point we want to establish is that you are CAUSE over the contents of your mind, i.e. your psycanic realities. (See the psycanic definition of Cause in the dictionary.) One aspect of Cause is Determination. You DETERMINE what is in your mind. You do this in either of two ways.

- You directly CREATE what is in your mind. You create your thoughts. You create them by putting your attention = consciousness on something and are willing or letting thoughts about it come to you.

Or:

- You DECIDE (the use of your Will) to **import** a copy of the thoughts \equiv ideas of others (e.g. beliefs, religions, political persuasions, opinions).

You may then create other DETERMINATIONS (opinions, judgments,

decisions, etc.) about those realities (whether created by you or imported). These determinations are more of your mental creations about the ideas of others and this takes us back to Point #1 above: creation of your thoughts.

If I tell you to think about trees, who decides whether or not to think about trees? Who conjures the thought image of those trees? Who decides whether they are oaks or pines or apples or junipers? Obviously, you do. You are sovereign in your mind.

You may import the realities (ideas) of others by listening to or reading them and making a duplicate copy in your mind, which is to learn them. They may have not created those ideas, but you decide whether to make a copy for your mind (i.e. learn them), and whether or not to retain an idea or use it in your own thinking. You also **determine** whether those thoughts are true or false, good or bad, interesting or useless—which is creating thoughts about thoughts.

Someone, such as parents and teachers, may have spent years trying to fill your mind with ideas of all kinds. But you decide whether they are valid or not, whether to retain them or not, whether to use them or not, whether to guide your actions and life by them or not. You are CAUSE.

Even as a small child, you had to agree with what they told you in order for it to become yours and affect you. I agree that a young child has little power of discrimination, but this does not change the fact that the child has to agree, to decide to accept that thought as true. And not all do. Given the same input, some children will agree, and others will rebel, whether openly or covertly. In the ultimate analysis, you, the psycan, are CAUSE over what is in your mind, even as a child.

There is nothing in your mind that you did not put there, either by creating it or importing it. No one else has power over your mind. Can anyone make you accept or believe something you don't want to believe? Can anyone make you think about something you don't want to think about? Can anyone make you accept something as true that you know as false? For example, suppose you are a Catholic and someone comes along and wants you to become a Buddhist. Who determines whether you change religions or not? Who is Cause, who is the final authority in your mind?

You are: You are the Creator and Determiner of the content of your mind.

Given that you are Cause, we want to look at what you are causing to exist = creating, in your mind. You are Cause over your mind and your mind is the Cause of all the rest of your life.

As we will see, you use your Will to create Who You Are, and that generates what you feel (your emotions), what you think, how you behave, what you do, and what you have. Your creation of your Self in your Consciousness, your determination of what you BE and not BE, is your primary creation in life, one that determines all others.

In other words, life is BE→FEEL→THINK→DO→HAVE. Your point of control is your BEing and your BEing is a creation of your Will.

The General Content of your Mind

Your mind, especially your subconscious, is filled with many kinds of mental realities. Here is a list. It is not important that you understand fully at this time what each of these are; just note the great variety of kinds of mental creations:

- IDentities (the most important of all realities)
- Images, mental pictures
- Ideas
- Concepts
- Goals
- Purposes
- Programs
- Paradigms
- Beliefs
- Values
- Your morality
- Your ethics
- Knowledge
- Sciences

A few of these, identities and opinions for instance, are of extreme importance to your life, and we will study them in the following chapters.

Manifestation in the Physical Universe

Your physical life conditions and your HAVE (what you have) in your physical universe are the result of your psycanic universe. The content of your mind (identities, determinations, beliefs, character, personality, intelligence, creativity, level of responsibility, self-discipline, etc.) determines the quality of your life, both your psycanic (interior) life and your physical life. Thus, your mind determines your life. Your power lies in that you determine, you create, your mind \equiv thoughts.

The power to manifest in the physical universe is a combination of several factors. One of these factors is that something must be real for you in your psycanic universe before it will manifest \equiv become real for you in your physical universe. Real is a psycanic technical term that means “being experienced in present time.”

For example, suppose you want financial abundance, wealth. First create in your psycanic universe the psycanic reality (the thoughts and feelings) that you are already wealthy and secure financially and that you can spend money with no worry about it. When you have that experience psycanically, when you are *BEing* the appropriate IDentities, the physical universe will manifest that experience physically in the form of money.

Most people try to do this backwards. Insecure, worried, and afraid about money and feeling that they don't have and can't get enough, they try to get money to change their feelings. Their psycanic reality is that they don't, or won't, have enough money. Therefore, they work hard in the physical universe to get money in order to change their psycanic experience. This is backwards: first change your psycanic realities: identity, feelings and thoughts. Life is BE \rightarrow HAVE; not HAVE \rightarrow BE. Create the psycanic experience of abundance and your physical universe about money will change automatically.

SUMMARY OF THIS CHAPTER

There is no mind. What exists is the BEing \equiv spirit \equiv psycan, consisting of Will and Consciousness, Cause and Effect, Creator and Experimenter; and hir creations \equiv thoughts. Thoughts are things, objects, made of psycanic energy. They are thought-frequency realities.

Just as the human being molds energy \equiv matter in the physical universe to create the objects \equiv realities that s/he wishes to experience, so does the psycan create hir psycanic realities (thoughts and emotions) by molding psycanic energy, thereby creating hir psycanic experience.

All your psycanic experience (thoughts, emotions, feelings, etc) is the effect, the

impact of modulated psycanic energy masses = thought and emotion objects = realities on you as a conscious-energy field. That impactor stimulation of your consciousness is your perception of them.

You Cause (create) your psycanic realities, and then you are at the Effect of them. They then impact you, cause your experience and dictate your behavior and actions which then determines your results in life. BE→THINK→DO→HAVE.

The contents of your mind define everything about you. They define who you are, your values, beliefs, desires, morality, your feelings and emotions. You act in accordance with all that, and your actions determine your results. This is represented by the formula:

BE→FEEL→THINK→DO→HAVE



Thus, you can control your life by controlling the contents of your mind. Your most important psycanic realities, those that most control your life, are the NIR masses buried in your subconscious. We will be studying these in depth. (NIR = Negative Identity Reality—to be explained later.)

In the next chapters, we are going to examine certain thoughts that are causing your problems and must be handled before we can get to the NIR masses.

In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.

—Buddha

Chapter 6

You Are The Creator of Not Being the Creator— and this is what kills you.

There is one type of mental creation = thought or belief that is superior to all others: **IDENTITY**.

An identity is any idea that you create about yourself. It is a determination of self. Your identities are your beliefs or statements of I AM (this or that); and I AM NOT (that or this)

Most identities are polarities: they have a positive, affirmative side, and a negative, denying side.

Examples:

I AM STRONG <> I AM WEAK
I AM WORTHY <> I AM UNWORTHY
I AM POWERFUL <> I AM NOT POWERFUL
I AM WISE <> I AM FOOLISH

A few identities can be expressed as verbs, for example: I CAN <> I CAN'T (which is really the same as I AM ABLE <> I AM UNABLE).

Your word is law in your psycanic universe. If you say you are weak or foolish, you will BE. And BE is the start of the Causal Sequence of Life: BE→FEEL→THINK→DO→HAVE.

The Causal Sequence works like this: Your self-created BE of WEAK will make you FEEL weak and FEEL angry or sad about yourself for BEing weak. Your **mind = THINK**, consciously and unconsciously, will then work overtime to try to compensate for BEing weak. Your DO = Actions will become neurotic as you try to pretend and convince yourself and others that you are not weak but strong. All of the above, your resistance to I AM WEAK→negative emotions→THINK→DO will sabotage your wisdom and ability to produce your desired results = HAVE. A negative identity always produces a negative Causal Sequence.

Identities are the controlling factor in your existence and, we will have much to say about them later. In this chapter, we are concerned with one particular identity:

The PRIMORDIAL IDENTITY

Just as there is one type of mental creation that is superior to all others (identities); so too there is one identity superior to all other identities. And that is the Primordial Power Polarity:

I AM CAUSE <> I AM NOT CAUSE.
I AM CREATOR <> I AM NOT CREATOR.

With the declaration = determination = belief that I AM NOT THE CREATOR, the creator is creating that s/he is not a creator. She is creating that s/he is not Cause in life; that s/he has no Power. Notice that s/he is creator even as s/he creates this.

This creation of identity does not change the fact that s/he is creator, but it blinds her to it, blocks the reality that s/he is the creator. Once the creator has put himself in this identity, s/he can no longer perceive himself as BEing the creator, and will no longer feel, think or act, as a creator. S/He has counter-created her experience of power and control over life. S/He will then live in the false reality and experience that s/he has little power over life; that life just happens to him mostly beyond his control. S/He will feel himself the victim of life, of others and of events.

Most of humanity operates in this identity most of the time.

The question is: Are you operating in it?

- To answer, examine your experience.
- To what degree do you feel that life just happens (“shit happens”)?
- To what degree is it real for you that life is chance, luck, coincidences and accidents?
- Do you control your world or is the universe a giant machine beyond your influence?
- To what degree do you feel that it is hard to get what you want in life?
- Do you feel out of control or helpless in life?
- To what degree can you stand up, feel and say: “I am Captain of my Fate, Master of my Destiny”?

All of these experiences are the results of the identity: **I AM NOT CREATOR; I AM NOT CAUSE.**

We have already shown that you are the Creator of everything in your mind. We will later prove that **you are the Creator of your emotions = FEEL** and show you the exact mechanism by which you generate them. We will also show that the only motivation of all your behaviors and actions is to control your FEELing.

BE causes FEEL: The BE (identity) of I AM NOT THE CREATOR generates the FEEL = the negative emotions of anger, frustration, fear, sorrow, helplessness and depression. It also generates an enormous THINK structure called the Fatal Paradigm, which in turn leads to a neurotic pattern of behaviors known as the External Quest. (Each of these has its own chapter later)

We are talking about Cause-Creator and Power over both your physical universe and your psychic universe. Of these, remember, the psychic universe is much more

important. It is where you create Who You Are, your BE, from which all the rest of your experience flows, including your HAVE in the physical universe. **Control your psycanic universe = mind and the physical universe will fall into place as you want it.**

CAUSE <> EFFECT, and RESPONSABILITY

In the chapter Fundamental Concepts, we introduced the concept of CAUSE<>EFFECT and the concept of Responsibility as the transition point between these two polarities. To the degree that you are blaming anyone or any circumstance for anything in your experience, you are **assigning Cause** to something outside of yourself. You are saying: “That person (or thing) is the Cause of my problem, not I.” You are denying Cause; you are denying Responsibility. If you are not Cause, you can only be Effect. To be the Effect of negative things for which you feel you are not Cause and have no control is the condition of Victim.

VICTIM

A Victim is a person who perceives himself without Power, acted upon and controlled by forces beyond his reach. The common **DOs = behaviors** of a Victim include: Complaining, Blaming, Invalidating, Guiltling*, Manipulating, Irresponsibility, and Blackmailing*. The victim tries to get others to change or to act instead of doing so himself.

(*Guiltling is trying to make others feel guilty. Blackmailing is withholding love or support to control others, or threatening anything in order to get what you want.)

A Victim lives in a lot of negative FEEL, in negative emotions such as Anger, Frustration, Anxiety, Worry, Fear, Resentment, Sorrow, Depression and Apathy. **All negative emotions are the result of AntiPower identities** that produce low self-worth. Obviously, Victims tend to be unhappy people. The relationships of Victims tend to be stormy and full of negative energies.

Look around your life and see if you can identify some Victims.

More importantly, look at your life and see if you are living in Victim.

As you can see, you must not take the CREATOR identity lightly. **It is the prime identity.** It sets the whole course of your life. It opens or blocks your power over life and your perception of yourself as in control or not. It is the basis of your self-esteem, your relationships, and your ability to achieve your goals. All these added together are important to your happiness.

To have Power over life, you must be operating from a consciousness of Cause. You are Cause of your experience. Even when others really do things to you, you are the creator of your FEEL and THINK about those things, and of your **DO = response** to those things. You are always RESPONSE-ABLE and the creator of that response (unless you are in Victim, for which you are creator and responsible anyway.)

If you are not willing to recognize your Cause, to assume Responsibility for your life, for your BE→FEEL→THINK→DO→HAVE, then close this book and go get your money back. There is nothing Psycanics can do for you. Psycanics is only for Creators, to restore their power to create.

Exercise

Try the identities below on for size. Try them by relaxing, closing your eyes and affirming them with your Will and your Intention to BE.

Note: The Intention to create a positive reality may activate negative reality = identity masses already present in your sub-conscious. In this case, instead of FEELing the positive, you will FEEL negative emotions and FEEL that the positive identity is not true. If this happens, just flow your negative energies; just experience your experience without resistance. This discharges the negative realities (thoughts and emotions); it discreates them. Once you have discreated the negative counter-reality, return to creating the positive reality, and keep energizing it until it is real for you. This is a Creation & Discreation Technology technique called CCD: Creation Counter Creation.

I AM CAUSE

I AM THE CREATOR OF MY BE (my identities)

I AM THE CREATOR OF MY FEEL (my emotions)

I AM THE CREATOR OF MY MIND (my thoughts)

I AM THE SOURCE OF MY DO = ACTIONS and BEHAVIORS

My THOUGHTS and ACTIONS DETERMINE MY RESULTS = HAVE

Play with these. Start meditating on them, repeating and energizing them to make them real for you. To have Power over life, they must become your realities, your identities.

On the other hand:

If you are not Cause-Creator, then you had better go find out who is. You will then have to spend your life following hir around and motivating hir to create for you what you want. Otherwise, you have no way to get what you want in life. You have no power.

It is a lot easier to just BE the Creator and do it all—your creation and discreation of your realities→experience directly. A middleperson can only slow your results.

**The Polarity Scale of Cause and Effect,
with the points of Responsibility and Victim.**

