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# **TOTAL SELF-DEFENSE:**

**A candid interview concerning how to take care  
of yourself Emotionally, Physically, & Mentally...  
and how to avoid Inner & Outer Conflict.**

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**by Paul Bunker, M.H. Mentor (1-4)**

**Edited by Alfred B. Glaser, M.H. Founder**

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TOTAL SELF-DEFENSE

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by

Paul Bunker, M.H. Mentor (I-IV)

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ABOUT MR. GLASER'S SELF-DEFENSE BACKGROUND:

Mr. Glaser's training in the Martial Arts has centered upon weaponless hand-to-hand combat. Prior to WW II, he was a Golden Gloves light-heavy-weight champ for 2 years running. During his travels around the world, Mr. Glaser has gained practical knowledge & experience in ju-juitsu, guerilla warfare, and a jargon of "fun and games" for "gentle mayhem".

During (and after) WW II, Mr. Glaser served as an Allied Intelligence Training Officer schooled in the "art" of sudden death. Army Intelligence always steals the BEST of what IS. It then refines, sharpens, and transforms the stolen "property" into a far more devastating weapon than the original. In Mr. Glaser's Intelligence training, the entire schematics & training methods of the Martial Arts were practiced, refined, integrated, and improved upon. The study of Chi was one subject, among many.

Mr. Glaser, like many of the original thinkers that this world has produced, was born with his knowledge. Throughout his rich and varied lifetime, he proved-out his knowledge of Chi, human function, and the root-causes of conflict by APPLYING his knowledge IN THE PHYSICAL. When he writes or speaks of something he is speaking from personal EXPERIENCE, not theory. He has tested these principles in countless life-or-death survival situations, and... they WORKED. These principles will work for you, however, only if YOU put them to work thru application.

I M P O R T A N T   N O T E :

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"Total Self-Defense" was written to provide Modern Human Comprehension Course students with self-defense applications and concepts. The Modern Human Comprehension Courses (Comps. for short) were written by Alfred B. Glaser in 1976, and they have now spread all around the world. The majority of the persons who have taken & APPLIED the Comps. never tell anyone else... not even their closest friends..., because they enjoy secretly keeping one step ahead of their fellow men & women. The Comp. Courses offer men, women, and teenagers alike with the opportunity to KNOW the basic blueprints or "base mechanics" of how Human Beings and the Universe function. Everything is presented in simple statements that you can check out for yourself through your OWN EXPERIENCE. The Comps. do NOT tell you WHAT to do. They merely tell you HOW things are done & how you function. YOU decide your OWN applications of these "base mechanics".

Comps. I & II deal with the human in the physical. Comp. I covers the functions of your animal-body, its senses, and its emotions. Comp. II covers the THREE Minds of Man, how they function, and how they interact. Comps. I & II, in conjunction with "Total Self-Defense", provide the student with simple statements that can offer a firm foundation for a long, happy, and secure life... IF APPLIED. If the student wishes to expand from this foundation into the anti-matter or so-called "spiritual" or "mystical" side of the human being, Comps. III & IV disclose the inner workings of the Universe in simple terms, statements, and schematics. Truth, when found, is simple. Comp. III & IV subjects include: the atomic structure of the Universe, the true nature of Chi, what power really is, how hypnosis really works, how to have pleasurable relationships, and the true nature of E. S. P. & "psychic" phenomena.

Comps. I & II are sold as a two course package for \$100. Comps. III & IV are sold seperately for \$50 each. The Comps. MUST be ordered in numerical sequence: I & II as a unit, III, and then IV. All four courses carry a full money-back guarantee, and have been approved by the California Board of Registered Nursing & the California Board of Vocational Nursing for continuing-education credits in the fields of Nursing and Pharmacy.

"Total Self-Defense" EXPANDS upon "base concepts" from all four Comps., and it gives the reader hints as to how the Comps. can be applied to self-defense. However, it does NOT offer the "base concepts" as they are presented in the Comps., nor does it expand upon more than 1/4 of the Comp. concepts and/or statements. Much can be gained from reading "Total Self-Defense" alone. However, for maximum results & an understanding of the concepts BEHIND the material in "Total Self-Defense", the Comps. are INVALUABLE. How invaluable they are to you will depend entirely upon YOU, your knowledge, and your desire to live a happy & secure life under your OWN CONTROL... and NOT under the control of OTHERS.

For more information, please send a self-addressed stamped envelope to:

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TABLE OF CONTENTS

\*\*\*\*\*

- Can this Course REALLY do anything FOR you? (p. 1)
- Animal Pleasures & the "Reward Principle" (p. 2)
- Affection vs Exercise, to stay in Shape (p. 3)
- Emotions & the Feel Field (p. 3)
- Trusting your Feelings & How to Test your Feel Field (pp. 4-5)
- How to Avoid Being Fooled by Appearances (p. 6)
- Can we Avoid WW III & Nuclear Holocaust? (p. 6)
- How to use your Feel Field to Know Others (p. 7)
- The Warning Signs (emotionally) of Attack (p. 7)
- Likes vs Wants, "Right vs Wrong", & Controlling your Emotions (pp. 8-10)
- How to Communicate with your A-mind (p. 11)
- All about Rape, & How to Defend Against It (p. 12)
- Woman's Anti-Violence Instinct & C.S. Tear Gas (p. 13)
- The Unexpected: how to meet Any & All Martial Art methods (p. 14)
- How to have a Better World: Guaranteed Life Support (pp. 15-20)
- The Earth Flip (pp. 21-23)

\*\*\*\*\*

- The Nature of Comprehension & True Learning (p. 24)
- Balancing the Minds & New Perfection (pp. 25-31)
- Controlling Physical Pain (pp. 32-35)
- Controlling Emotional Pain (pp. 36-37)
- All about Fear & How to Control It (pp. 38-39)
- Dealing with the Fear of the Unknown (p. 40)
- Dealing with the Fear of Non-Survival (p. 40)
- How our Choices, Thoughts, & Actions Create our Experience (pp. 41-44)
- Self-Responsibility & Karma (pp. 45-46)

\*\*\*\*\*

- Being Yourself & Maintaining a Pleasure Dwell (pp. 47-52)
- Denial: the True Cause of Needs & Hostility (pp. 53-58)
- How to avoid Instant Hostility, in relationships, by saying "Maybe" (p. 59)
- Accepting "What Is" as opposed to C-minded Judgemental Analysis (pp. 60-62)
- How to Keep the Outside World from Hurting You (pp. 63-65)
- Using Affection for Self-Defense (p. 66)
- Stopping Force vs Resisting Force with Force (pp. 67-68)
- Power, Resistance, & Relaxation (p. 69)
- How to Overcome the Fear of Death (p. 70)
- Setting up Communication with your Soul (pp. 71-75)

\*\*\*\*\*

- The Mechanics of Memory, Thought, & Comprehension (pp. 76-78)
- Controlling Negative Thinking (pp. 79-80)
- The Defensive Areas Covered by the Minds & the Soul (p. 81)
- Using Holographs for Self-Defense (p. 81)
- How to Apply Holy Water & Stop Psychic Attacks (pp. 82-83)
- The Origen of Chi & Comments on Chi Development Systems (pp. 84-85)
- How Instant Concentration Can be Achieved (p. 86)
- Chi Flow, Acupuncture, & Chakras (pp. 87-89)
- The Kinetic Bubble: our Total Self-Defense (pp. 90-92)

- Can All of Humanity Benefit from the Proper Utilization of Kinetics? (p. 92)
- How to Stay in a Pleasure Dwell under Stress, Attack, or Threat (p. 93)
- How to Stop Time & Move Kinetically (pp. 94-96)
- What Causes A-mind to Concentrate? (p. 96)
- What's the Best Defense against a Knife? (p. 96)
- Punching with Kinetics and/or Chi (pp. 97-99)
- Projecting Chi & the Touch of Death (pp. 100-102)
- Moving Objects Kinetically & "Super Strength" (p. 103)
- How to Throw Kinetic Energy Vocally (p. 104)
- What Type of Energy is Behind Violence? (p. 104)
- Which Component Grants You the Use of "Special Powers"? (p. 105)
- To what extent can one Knowingly Use Chi and/or Kinetic Energy? (p. 105)
- The Blue Flame: Spontaneous Human Combustion (p. 106)
- How You will Come to Know if you have an Entity, or Not (p. 107)
- The True Nature of Big Brother (p. 108)

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PREFACE:

I have been searching for the material in this work as far back as I can remember. People all around me (myself included) were living in FEAR... the Fear of Non-Survival. Also, people were full of INNER CONFLICT, which resulted in the many forms of OUTER CONFLICT. People would do things that they did NOT LIKE to do... out of the Fear of Non-Survival..., because WITHOUT a SURVIVAL of your PHYSICAL BODY, you have NOTHING. Along the way, I have studied Martial Arts, Philosophy, Psychology, and Metaphysics. However, it was not until December of 1980... when I took Comps. I & II in Dallas, Texas... that I found Simple but All-Inclusive base concepts that WORKED, WHEN APPLIED. These courses cleared up many of my questions, but I felt that something was still missing. So, I moved out to California to meet the author of these courses & to try to clear up my confusion. This work is the result of informal & candid interviews that I conducted with Mr. Glaser during the past year.

*Paul Bunker* July 19, 1982

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IMPORTANT NOTE: Much can be gained from reading "Total Self-Defense" alone. However, it does NOT offer the "base concepts" as they are presented in the Comps., nor does it expand upon more than 1/4 of the Comp. material. For maximum results & an understanding of the concepts BEHIND the material in "Total Self-Defense", the Comps. are INVALUABLE.

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This work is dedicated  
to  
Reva Raintree

Thanks for reminding me  
of the difference between  
Living & merely Existing

Special thanks  
to  
Alfred B. Glaser  
&  
Alson Fry

For making this  
all possible

(G) is Alfred B. Glaser  
(P) is Paul Bunker

CAN THIS COURSE REALLY DO ANYTHING FOR YOU??

(T) I don't know how to APPLY the Comps. What do I do? (G) When I put the Comps. together, it was to say, "Hey! We're existing in a state of confusion!" Here's the MECHANICS. How they apply to YOU only YOU can know. I can't know how they apply to you, no more'n I know how your car's running out there. YOU know how that car's running & how it's behaving. So, take a look at your "car". You know your "car", but I don't. I've just put down the mechanics of what's going on, taking it right from the Animal-man right up to Eternity. (note: How would you learn to drive a car with only the BLUEPRINTS or OWNER'S MANUAL of your car? Without Reading, Effort, & Practice, your car would wind up like the bodies of many humans... crashed & destroyed.) (G) But, it's up to the person. Everybody wants details. It fits anything. It fits Holistic Health, it fits Medicine, it fits Spiritualism, it fits Astrology,... it fits all over the place. You can slant it any way you want to slant it. But, that doesn't mean that I'M gonna do it. God! It's not a detailed thing. I don't know what it'd take to detail that thing. I'd probably be writing forever! I'd have to live to be a thousand years old! But, the statements are there & the mechanics are there, and you can ignore 'em OR put 'em to WORK. Now, the best way to understand these Comps. is to... even if you DON'T understand it... PUT IT INTO ACTION & SEE WHAT HAPPENS. Be cautious, but at least put it into ACTION & see what happens. And from that, it'll "click". (note: We ask no BELIEF or FAITH from you, nor do we expect for you to blindly accept what is written, within these pages. Accept or Reject what you read, and then APPLY those ideas that ring true FOR YOU. When you APPLY the material in PHYSICAL ACTS, then you will KNOW for YOUR-SELF.)

(P) When we serve the world to improve it, do we really help OR do we wreck it? (G) You gotta accept the base concept, first. I cannot improve you. There's no way I can improve ANYBODY. The improvement must come from the PERSON THEMSELVES. As they improve themselves, they improve those people around them, & it spreads... the same way as Affection spreads. Once'st it's exercised, it's contagious. Therefore, when you improve yourself, you ARE improving the world... since you are a part of this world. But, you do NOT improve ANYBODY. You must do that YOURSELF. We are here (on this planet) ALONE. Now... as we establish relationships, either both people will improve... thru their OWN self-approval in that relationship..., or they will not, and the relationship will end. The improvement starts with the person. And, as you move among peoples, you will improve peoples by having improved yourself. Now... the key... to bring this world back into a Paradise... is to have everybody bring THEMSELVES to a Paradise. And, that CANNOT BE DONE FOR YOU. People improve themselves..., sometimes thru your vibes, sometimes through your influence, & thru your self-improvement. They will seek to raise themselves to your level. They may do this unknowingly, but it's being done & it's being done that way. You improve yourself. Period.

ANIMAL PLEASURES &  
THE "REWARD PRINCIPLE"

(P) The KEY to getting along with A-mind & receiving its cooperation seems to be the "Reward Principle". I can easily think up B & C-mind pleasures, but I find it extremely difficult to recognize any A-minded pleasures... besides Sex, Eating, Sleeping, and sharing Affection. What sort of rewards do YOU give your little animal when you "tap in", etc. , and how can I discover what MY little animal wants & likes to do?? (G) (he laughs) Well, I can't help it! I'm setting here laughing & smiling while you're reading that question. Besides Sex??? Do you ever get enough?? Eating? Do you ever go hungry? Sleeping? Have you ever been without sleep, over a long period of time? Affection? Can you share too much affection?? THOSE ARE THE GREATEST REWARDS IN LIFE!! I mean, what in the world MORE can any human want?? OK, you might want a new car, and a beautiful boat, and an airplane, and all this sort of stuff,... but those are of MIND. Your little animal could care less! As long as it's getting what you're talking about there... plenty of sex, plenty of food, plenty of sleep, and plenty of affection..., it don't give a damn if it's flying in an airplane or laying on a log! Your MIND wants all those other things. (P) Well, it seemed like a lot of these were just natural SURVIVAL actions? (G) Well, the greatest pleasure in the WORLD is to survive pleurably! You can throw all those other things in as extra benefits from being Happy, Healthy, and Wise. But, if you're NOT Happy, Healthy, and Wise..., all the airplanes & everything in the world does nothing but make you SICKER! That's really an odd question, coming from you, Paul. Your old C-mind was in there, boy!! Yeah, really in there!

Now... we gotta always remember that: all these animals around us... you know, our little pets, animals, dogs, tigers, cats, and all this sort of stuff..., you see 'em perform in circuses, and television, and everything else... the fish, the dolphins, & everything else you see perform..., you always see 'em do that little backhand & give 'em that little piece of fish, or that little piece of meat, or that little piece of goody... AFTER they do something. Now, the animal didn't do that to please the HUMAN. It did it to get that little piece of fish, or whatever it was. And, you watch that a while, and it becomes so obvious that FOOD is why they're doing it, that it's pitiful! That's THEIR reward for performing. And yes, they like to get out & perform in front of a crowd and everything else..., 'cause they don't get FED when they're not doing it!

(note: Do not trick your animal-self. Just as a dog chasing meat on the end of a stick will not continue once he has been tricked WITHOUT a reward, so your animal body will not supply you with effort... IF you do NOT reward it with fun, a good steak, etc. Your animal needs decent food, shelter, and pleasure if you expect it to remain happy and to continue working with you. The "price" you pay, however, is not so hard to take..., for the Total Goal of the animal is to SEEK PLEASURE! So, by cracking down and "forcing" yourself to commit pleasurable, happiness-producing acts, you will have one Happy, Healthy, and Willing animal body!

Many adults enjoy having or being around children, because THEN they can engage in A-minded PLAY activity WITHOUT raising suspicions IN OTHERS about their mental condition! When you are in an A-mind dwell, the other two Minds are no longer controlling your body, so you are... in effect... OUT OF CONTROL. For a CHILD to be "out of control" is expected, but for a so-called RESPONSIBLE ADULT to be "out of control" is very frightening to other adults, UNLESS they are "playing" WITH you! )

AFFECTION vs EXERCISE, TO  
STAY IN SHAPE

(P) Does "staying in shape" depend upon exercise, or the state of ones being (i. e. affection vs non-affection)? (G) (laughs) Well, I'll guarantee you don't have to worry about your body, IF you hold your affection! You don't need exercise, or anything else, because health is a NATURAL act of this body, NOT an un-natural act! So, perfection is a natural part of the body, and a natural part of the healing & preserving process. And, the act of being in health... the more affection you have, the more health you are in! The LACK of affection dims life! You see, there's only 24 hours in a day, & you got so much energy in your body, & all of this, & you have to know your own capabilities. And then, you can expend them, I guess you would say, wisely,... or not expend them at all. But, NOT expending them at all WILL NOT build 'em higher, & this is where a lot of people get mistaken. You're only gonna have so much energy every day, & then it's gone,... & you'll get it the next day, & ad infinitum. If you OVER-expend it, then you'll do damage to your body. You'll get the same amount of energy the next day, but then you'll have to use some of that energy to get your body back up to normal! So, you DON'T build it up. No, you shoot it DOWN. And, uh, exercise? I've laughed about that all my life! Is it "out of shape"? You better believe being "out of shape" makes you tense & brings disease, and everything else, yeah,... but that has NOTHING to do with exercise! Your AFFECTION is out of shape, & you're gonna get that way. You can run 20 miles a day, and your feet will start breaking down, like a guy I know. Oh, yeah! He was real... and then his damn feet broke down on him, and then he couldn't run at all. You know... (he sighs), let's not get into exercise, 'cause it really don't do anything. (laughter)

EMOTIONS & THE FEEL FIELD

(P) Explain the statement, "We are emotional fields." Where do emotions come from, & what activates them? (G) Well... in the first place, the emotions are brought forth by the energy which is produced by the life-force, which is in EVERY living being. Without the life-force, the being is dead. So, that is the energy, and the emotional field is the motivator or the promptor of all the actions you do to fulfill what is called your "life span". (P) Well, like... the survival-field is supposed to be an emotion. How is that??? (G) It is,... because the survival-field is the most keenly aware of ANY of the emotions, to any threat to its existence as a life-form. (P) Well, I just can't picture it as an emotion, somehow. Is it an emotion like anger, joy, or... (G) Wait, isn't anger a feeling? Isn't sitting there a feeling? Isn't looking at me a feeling? EVERYTHING YOU DO IS AN ACT OF FEELING!! F,E,E,L,I,N,G. Everything you do is an act of feeling. And, feeling is an EMOTION! Now, it comes in many forms & branches. I can feel a table top. That's a mild emotion. I can feel anger. That's a strong emotion. But, it's a FEEL, and the FEEL is what we're talking about. THAT'S the expression of the INNER emotions, and the feel... when it comes to survival... is all-out & driving, because that's the strongest FEEL we have! When we're under dire threat, that FEEL outweighs EVERYTHING!! (J) When you've got a certain group of emotions in ONE area, it's called a FIELD. F,I,E,L,D. It's enclosed in ONE UNIT. Many actions in one unit.



TRUSTING YOUR FEELINGS &  
HOW TO TEST YOUR FEEL FIELD

(G) If you check your TRUE feelings... and when I say "true feelings", I'm talking about, "How do I actually feel about this?", NOT "How am I supposed to feel about this?" or "Is it right to feel this way, or wrong to feel this way??"... "What is my feeling about what is going on?" Take just a couple of seconds to check your feelings about ANYTHING. And once you do that, and go by that feeling, you don't have guilt. You do not have problems. Your FEELING IS YOU, and when you ignore the feeling, YOU'RE IGNORING YOURSELF. And, when you're ignoring yourself, what are you actually living?? Whoever you've listened to, whoever put whatever you're going to do IN SPITE OF your feeling into your head, you're living THAT person's or that thing's IMPLANT into you, AND YOU'RE NOT LIVING YOURSELF. You're not living your feelings, because your feelings are there. If you answer to 'em or don't answer to 'em, they are there. Now, if you will check your feelings FIRST, it doesn't mean that you HAVE TO fulfill that feeling, (but) you have to take it into consideration. And, you can very easily say to that feeling, "Gee, that's wonderful. But, I can't indulge in it now! Due to circumstances, this other thing has to be done, and I'd like you to stay with me while I do it, maybe I'll feel better. But, I gotta get it done." And, you CAN talk to yourself that way & it WILL stay with you & you'll feel better. And, you're NOT violating (it) by saying, " Ugh! That's wrong. That ain't no good.", and go ahead and kick it (the feeling) out. Now, this is what people do. They kick their feelings away.

Now, have you looked at your feelings? You've got a whole great big feel-field in Comp. #1. Have you looked at 'em?? There's your whole key. You can click your Rebirthing (&) everything in by KNOWING YOUR FEELINGS, & "Where is it coming from?" & "What is it about?". It's there. You can't deny it being there. Now, what are you going to do concerning it? Kill it? Use it? Sustain it? Shelve it for awhile, until you understand it better? Most people will try to kill it, 'cause they don't know what to do with it,... and when you kill all of your feelings, you're DEAD. I mean, your body is ALSO dead!

Most of the questions you ask, most of you can answer... even to yourselves, now. The only thing is that ALL of you are having a very hard time ACCEPTING YOUR FEELINGS AS BEING TRUE. Feelings are NEVER false. Your feelings are TRUE. Feelings can be disturbed, I'm not saying that, but the feeling is true. Feelings will let you KNOW. Now, you can ignore 'em, or accept 'em, or hold 'em, or whatever,... they'll let you know. After that, it's up to you.

(P) In the Comps. , you state that, "Your FEELINGS are TRUE, and they will never lie to you, for they react to WHAT IS." However, since Mind-actuated emotions & pain feel the same as "real" feelings, then how can one tell the difference between Mind-actuated feelings and "real" feelings? (G) I don't care if it's a Created Desire or a Natural Desire. That feeling you get IS TRUE! Your feelings don't feel bad and say, "I feel good." They can't. They feel bad. One of your MINDS says, "I feel good", NOT your feelings. So, they can't lie to you. But when they feel, if it's a Created Desire that caused them to "feel" or if it's a Natural Actual Desire that caused them to "feel", the feeling is TRUTH. (P) Well, how do you differentiate between the two? I mean, if you're sitting in a chair & you start feeling fear, then how do you know if it's something your Mind's throwing in there, or something that's actually coming down the hallway to get you? (G) Your emotions need not know! But in the first place, you

differentiate between a Created feeling & a Natural feeling. Now, the question should really be, "What is a Natural feeling, and what is a Created feeling?" BOTH of these feelings are TRUE feelings. If you feel fear, that is a true feeling. It's not lying. It doesn't say, "This is joy I'm feeling." One of your MINDS might say that, but your emotions will not. Now, to tell if one of the Minds has created this or if there's an actual fear there, then you have to go to, "Is this a Natural sort of thing that's happening, or is this an unnatural sort of thing that's happening?" And the next thing you can ask yourself is, "Am I IMAGE BUILDING? Is my Mind doing this to my little animal?" And, you'd be surprised at the answer you're very apt to get, because that Mind will snap back, "Yes, and if you don't behave yourself, I'm gonna scare you more!"

So you see, your question should read, "What's the difference between a Natural True Feeling & a Created-Desire True Feeling", because your emotions are true IN WHAT THEY FEEL, REGARDLESS of what brought that feeling about. (P) I can see that your emotions REACT the same... whether the Mind's throwing it in or it's something in the physical..., but what confuses me is how do I tell the difference? If I walk up to some person & he's smiling and seemingly friendly, but then I get a feeling that there's something about this guy & I'd better watch out, how do you know whether that's your Mind throwing that in or whether you'd better really watch out?? (G) It makes no difference! Your emotions are still set in an alert-warning condition. It don't make any difference what brought it about... right now. When your little animal becomes alert & a fear brings that little animal alert, then you face whatever it is that's causing you to be alert. And if it's a Created fear or a Natural fear, it's something that you have to ascertain real fast... in an instance where you're meeting a person, or something like that. So, with fear being present, there is danger being present... and you have to resolve that danger.

Now... most fears come about during night or in unusual circumstances, and that is the animal's fear of the unknown... because the Unknown has been visited upon it for 11,000 years now, and it just doesn't get used to dealing with an unknown situation. It has no NATURAL defenses against it, and it only reacts to Natural defenses. The Mind... either B-mind, C-mind, Entity-mind, or whatever mind... has to react against this Mind-fear that is being IMPINGED upon the animal. So, you break that down into Natural fear... fears of Nature, survival, and all of these things..., and the fear of an Imaginative source... which is a Mind source. (P) But asking yourself, then you can tell which is which? (G) You can ask yourself, "Is this a natural fear?" And once you do that, most of the fear starts letting up! But, an awful lot of people ENJOY fear, so they build upon it! I've known an awful lot of people, in my life, that just enjoy building upon that fear... and all at once, it gets out of control & they get panic stricken! But, they've done it to themselves... because fear is a part of Excitement! But, that's MIND. Minds cause excitement.

So... you ASK & LOOK AT your fear, and you ask it, "Is this Natural, or is this Imaginative?",... and wait for an answer. The answer is quick in coming.

(Q) Well, how can I test my Feel Field to see if it's functioning properly? (G) How many of you have actually witnessed TOTAL DARKNESS, in their life? Absolutely no light. That's the way that you can check to see if your Feel Field is working real good. If your Feel Field is working properly & you get in Total Darkness with a group of people, you'll know where every one of those people are! You'll FEEL 'em. You won't see 'em or anything, but you'll KNOW where they're at. And if they move, you'll know they moved! And you won't HEAR 'em, necessarily, but you'll FEEL 'em.

## HOW TO AVOID BEING FOOLED BY APPEARANCES

(F) How can I make a true assessment of a persons' character? (G) Words mean little, UNLESS they are backed up by ACTION. It is foolish to "trust" a person who says one thing, yet does another. You don't ever REALLY "trust" ANYBODY! You come to KNOW certain things about them through their ACTS, and for this... you grant them a little leeway.

(P) Which of our senses comes thru with the LEAST distortion, our Sight or our hearing? (G) The eyes tend to fool most persons to a much greater extent than the ears do. Persons constantly see things that are NOT there (in material form), and persons are prone to block out visual images that are of no interest to the particular Mind that is in control AT THAT MOMENT. Our Minds can add their own "tint" to change the colors our A-mind would normally see, and they can actually "see" things that the A-mind's See Sense would never pick up! Add to this the fact that few persons actually see color the same with their A-mind..., and you can see why the faculty of Sight is the most highly individualistic sense the human has, and why it is the most MISLEADING of the senses. On the other hand, our sense of Hearing seldom fools us. If you are talking with someone & wish to gain a TRUE FEELING about what they are all about, then all you have to do is to turn your eyes away from them & then listen to what they are saying, while you try to "feel" them with your FEEL FIELD. The results will often be the EXACT OPPOSITE of what your Eyes told you, but... your FEELINGS will NOT lie to you.

## CAN WE AVOID WW III &amp; NUCLEAR HOLOCAUST??

(F) Will the prophecies of Nuclear Holocaust come true? (G) The world has already seen nuclear war in the 3 examples used against Japan in WW II. While the nuclear confrontations in the Middle East were held off by the "Free Guardians" of this planet in 1960 & the early 1970's, in 1978 this "hold" was lifted. They will no longer step in & stop such actions,... but ALL persons have been given the chance to escape such holocausts by ACTION. Most persons have chosen to SHIRK this responsibility by placing it upon someone ELSE'S shoulders. However, the soldiers with their fingers on the tiny red holocaust buttons won't rationalize. Pay the price of responsibility NOW, or you may be choosing to have no future later!

(F) Can we avoid WW III??? (G) Nations war against other nations when they fear loss. The Original Sin was actually DENIAL. Our Systems, all around the world, are based upon Denial... and only if this Denial factor is REVERSED will we get Beauty instead of Uglyness. Instead of blaming our leaders & our weapons manufacturers, we can only blame OURSELVES. We have taken the "easy way out", by giving up our freedoms & SELF-control/responsibility, so that someone ELSE can take care of us & take responsibility FOR us. We are only now beginning to realize the horrible price for such actions, as our Domination-based Systems crumble all around us. Guns will no longer be needed, when we no longer "need" to protect ourselves & our homes. Some persons may ENJOY killing just for the thrill of it, but if they can come to COMPREHEND the base factor BEHIND their "love" for killing, then they can CONTROL it. When we can learn to CONTROL OURSELVES, we can quickly eliminate most of the FEARS in life. Fear is merely an "early warning system". If we RECOGNIZE our fears, WITHOUT freezing up & letting THEM control US, then we can continue our "journey through life" WITHOUT the fear of loss.

## HOW TO USE YOUR FEEL FIELD TO KNOW OTHERS

(G) If you know it or not, you have a Feel Field. This reaches out through your eyes, ears, skin, and everything else. It's a FEEL field. You FEEL. You go into a restaurant & you let your feelings expand in this restaurant & start looking at a person, and all at once you'll start KNOWING that person! Now, that's a total stranger! If you will turn that FEEL loose... it's a nice, pleasant, warm, affectionate kind of thing...and, you look at 'em & actually be wanting to feel 'em. I mean, get the sensation that you'd like to reach over and run your hands over 'em. And, keep that sensation in your Mind and in your body. That person will eventually... within a minute or so... kind of start fidgetting & looking around. But, they'll have a kind-of-a half-smile on their face, man or woman. They'll be kind of pleasant, but they'll wonder what's going on!

But, you will be DUMBFUNDED at what you find out about that person, because you're READING that person. You "read" that person with your Feel Field. And, you call it "intuition", you see. You said you had a "feeling" before. This is your Feel Field at work. Now, when you CONSCIOUSLY start putting this to work, don't be surprised at the RESULTS!!

### THE WARNING SIGNS (emotionally) OF ATTACK

(P) What are some of the warning signs, within one's EMOTIONAL STATE, that one is about to be attacked or is being attacked physically, emotionally, or mentally? (G) Irritability. You become highly & easily irritated, your nerves are on edge ALL the time, you can't seem to relax, you don't get any peace of mind, it goes on & on & on & on, and it's just a vagueness in back of your head. And, you lash out at people you love & everything else & you might say about it right afterwards, "Gee, I'm sorry! I don't know why I did that!" It's a state of being irritable without even knowing why you're irritable. You've got nothing to be irritable about. Everything's going fine. "Why do I feel angry?"

If it's a psychic attack, it comes & goes... and you'll notice that it'll usually come on at a specific time of the day or the night, after you start watching it.

Now as far as detecting a physical attack, the best thing you can do is to learn how to be alert to somebody that's feeling like they want to kill you. And, I've got news for you. When a person wants to kill you, they lose all sense of feeling... or they won't kill you! So, you can't pick up their feeling! But, if you feel a cold draft... that person'll kill you, if they want to. If you suddenly feel your body chilled, in the presence of another person, LOOK OUT! .... cause that's the only kind of signal you'll ever get, from a killer. Now, I'm not talking about a maniac, and street gangs, and all this sort of thing. I'm talking about a cold, calculating killer.

LIKES vs WANTS, "RIGHT" & "WRONG", &  
HOW TO CONTROL YOUR EMOTIONS

(G) More than 99 times out of 100, the reason you're having the problems you're having is 'cause the mechanical part of you (C-mind) is ruling you. And, you're answering to mechanics, and you're forgetting about your emotions. And then you hit 'em instantly with, "Can I MAKE you like something? Can anybody make you LIKE something? Now, I didn't say, 'make you DO something', I said, 'make you like something'. Can anybody make you like something? Have you ever found somebody that's made you like something that you didn't like??". And boy, when they get pinned down, they can't... , "No, I had to do it, blah, blah, blah." "Did you learn to like it?" "No, but it was alright...". So, then you've got to set here and admit that your likes are with you permenantly. Now, they'll go to greater or lesser extents, but they're your likes & they're your dislikes. And, they're gonna stay with you . And, they're an integral part of you. And, you've just gotta learn to live with 'em! They're NOT gonna change, and the more you TRY to change 'em, the more UN-happy you're going to be! Now, a lot of these likes you may not be able to exercise,... except in your fantasies or in day-dreams. But, you have to KNOW that. Then, you won't be disturbed by it. You won't be disappointed, when it doesn't come true.

One day, you will see the Devil's Ten Commandments, and then you'll find out that when you do what you WANT to do, most of the times it will blow up in your face. And, even though it don't blow up in your face, it'll DIE! You do what you LIKE to do. And, there's a great big difference between what you LIKE to do & what you WANT to do..., & people don't realize it! If you look at it very closely, you'll find out that a lot of things you WANT to do you really don't LIKE to do!! I usually say to anybody that: first, they need to know REALLY what they WANT out of this lifetime. And then, after they find out what they WANT out of this lifetime, then what do they REALLY LIKE to have out of this lifetime? And boy, there's a great big difference there! There's a great big gap.

For example: does a person really WANT to be a millionaire? You would LIKE to have the convenience of money, so you could do those things you LIKE to do. And, you assume that having a million dollars would bring this to you. So, you don't WANT the million dollars, but you want the CONVENIENCE of the million dollars! And so, you've made a false statement. Then, you ask yourself, "Can I..., maybe I can have this WITHOUT the million dollars!?", and you start looking at it & you find out that you've just been plain shootin' yourself down saying, "I CAN'T do this, because I don't have a million dollars.". And, that's a damned excuse... to yourself... to justify your NOT doing something that you LIKE to do. Take that million dollars away and then say, "Now, wait a minute! I DO like to do this! Why am I not doing it??". Then, when you give it some thought, you'll find out it's because Jim, or Jack, or Jane may not like ME if I do this. But, they would like me if I had a million dollars EVEN IF I DID IT, you see?!? NO! When you start analyzing on the LIKES & WANTS, you're gonna come up with some shaky observations. And, it takes you a little while to get over the turmoil it creates in your emotions! To truly come to know your OWN FEELINGS, you must spend some time alone... WITHOUT social life, etc. Once you come to KNOW your OWN likes & dislikes, then you will be well on the way to KNOWING YOURSELF. Then, achieving a Serenity dwell (or holding your Affection dwell) is EASY!

Now,... what causes emotions? Emotions ARE. We cannot CREATE them. We can only control their EXPRESSION by taking into account Time, Place, & Situation factors. There IS no emotion in your Mind. The Mind merely USES your Soul's emotional field..., IF the Soul lets it. (note: When a person blocks off BOTH their B & C-mind, they are said to be "out of control". Your Minds are NOT you. They are merely TOOLS of your Soul. Your Soul uses the conflicts between the three Minds to push forward towards New Perfection. You receive different B & C-minds with each new incarnation, but you ARE your Soul. EVERYTHING you do here, on this planet, is a FEELING. Your Minds can only control the EXPRESSION of those feelings, when the Soul allows it!)

Now, when you finish with those Comps. , you might have to go over 'em in some places,... but, you will KNOW. And, you will KNOW what is meant by "right", & you will KNOW what is meant by "wrong",... because; "right" & "wrong" all pertains to being PLEASURABLE, and that's ALL it pertains to! And all Heaven is, is total PLEASURE! Even in your Bibles,... look anywhere you wanna look, in the written word of this planet..., & you will find that TOTAL PLEASURE IS PARADISE! It's Heaven,... & they've never tumbled onto this! And, they keep shooting pleasure down under ANY excuse, under any form. They tromp it. They kick it around. And, you know that they know they're killing pleasure. But the point is, what they DON'T know is,... that which they are DESTROYING is that which they WANT, and are SEEKING!!!!

Now,... the only difference between a Lover, a Gigolo, & a Rapist is often just TIME, PLACE, & SITUATION. The Time may be right, but the wrong Situation can often times lead to disaster! To act "correctly", therefore, you need only fit your EMOTIONS into the correct Time, Place, and Situation. The Genetic patterns of most humans carry the stored-up experience of approximately 1,833 lives..., so, ALL persons now carry DNA patterns of "right" & "wrong". The Father's (the Creator) system of "right" & "wrong" is called FREE CHOICE, and the method that we humans come to learn Free Choice is called "Karma", in most schools of metaphysical thought. To have Free Choice, you must ALSO grant Free Choice to OTHERS..., and this is where most humans trip themselves up. In either case, you eventually come to KNOW what you have done by "witness", or by EXPERIENCE. What you "visit" upon others will, in turn, be visited upon YOU. By having a "taste of your own medicine", you come to KNOW the RESULTS of your actions upon others. If the result was PLEASURABLE, then that act was "right", & if the result brought PAIN, then that act was "wrong".

Religious creeds have long admonished their followers to stop certain thoughts. This is absolutely ridiculous, like trying to stop the wind. Only the PHYSICAL EXPRESSION of thoughts are harmful, and many times the physical expression would actually lead to JOY..., IF the person's conscience would allow them to express the so-called "sinful" act. In our C-minded society, our animal body's PLEASURES are SINFUL! No wonder people are emotional wrecks! Persons need to be more expressive of their "good" thoughts. If you wish to become acquainted with others, ASK. It is THEIR loss, if they DENY your request. If you constantly deny your OWN feelings & expressions, then your Priority Mind (C-mind) can destroy you. Occasional rejections will hurt, but... THOSE PERSONS COULD HAVE NOT MADE YOU HAPPY ANYWAY!! Just ONE compatible relationship will make ALL of the minor rejections seem trivial & unimportant.

Now, I'm trying to give you a few yardsticks, because once you start into this, it's going to hit you & it's going to make you angry, and I mean humanly angry. And, an anger emotion is a good emotion. There is no "bad" emotion. Your lack of CONTROL of the emotions can play hob with a lot of things, now don't misunderstand me! If you can have the emotion & CONTROL it, then nothing really happens..., and you feel better, afterwards. You can have the emotion and NOT control it, and all HELL breaks loose & you feel bad for months and years! And sometimes, you're DEAD..., you know, if you get carried away! The only thing is: your emotions ARE YOU. Learn to control them. Use 'em where applicable, and stifle them when NOT applicable.

## HOW TO COMMUNICATE WITH YOUR A-MIND

(P) How can I communicate with my A-mind, when I'm making all of these bargains between my Minds? (G) It's very simple. Just ask it what it wants! You'll know, just like that. Just like you're asking me. I mean, A-mind KNOWS if it's gonna get fun out of this, or it's gonna get work out of this, or displeasure out, ... it KNOWS. (P) Well, like if you just say to yourself, "Well, A-mind, do you want to do this?", it'll just automatically answer me? (G) Yeah! It'll answer you. Just don't DENY the answer! Because you'll tend to..., hey, C-mind'll say, "Oh, you full of @\$%! You know you really like to do this." And, of course, A-mind will hunker down a little bit, ... because it's been whipped, beat, tricked, kicked in the ass, and everything else! So, it's gonna back off. But, that FIRST FEELING YOU GET IS THE REAL FEELING, & your A-mind? You'll feel it, "Oh, god damn! I don't want to do this!" (P) And then, C-mind will jump in & try to... (G) Whip it! Make it a promise. "I'm not gonna fool you this time.", etc. etc.

It's the first impression. No more'n you say, "A-mind. Hey, do you REALLY want to do this?" "NO!!" "Oh, wow!" And, the more you use this, the more instant & the more violent, so to speak, that reaction comes. It'll stop you right in your tracks! You'll be walking, and it, "BANG!" Like you're walking into a wall!

(D) That reminds me of a realization I've come to, and that is this. I've got two eyes, two hands, and two feet. I'm not a hand, but I've got a hand. Now, who has got the hand? (G) A-mind, B-mind, or C-mind? (P) A-mind. (G) That's wrong. C-mind's got it! IT'S USING IT, SO IT'S GOT IT. When you're walking down there & your Minds are in a turmoil, who's got your feet? Which mind's got your feet that are taking you there? Is it C-mind, A-mind?? A-mind, if it's got ahold of your feet, it might be walking down to the beach. But, it's been taken away from A-mind, and C-mind's now got your feet. And, THAT'S why you're going to where you're going that you DON'T want to go! So, when you say, "You have a hand, and you have a foot.", well... not ALL of you has it!!



ALL ABOUT RAPE, & HOW TO  
DEFEND AGAINST IT

(P) What about cases where women get raped, & they don't defend themselves? It seems like the body would want to defend against that! (G) Why would the body?! Now, wait a minute! Let's just back up a second! To the female BODY, there is no such thing as rape!! Only to the female MIND is there such a thing as rape! You talk to girls, & find out how many girls get their kicks in their MIND, & NOT in their body,... & your mind is gonna get blown! They feel the orgasm in their head! Rape is in the Mind. It's NOT in the body. There was no way that animal-man could rape an animal-woman. No way at all. They weren't programmed that way. When she was ready, she took it, & when she wasn't ready, she didn't take it, &... it was just as simple as that. (P) What about when someone gets killed by a mugger, or something like that? Is that because they were trying to resist? (G) Certainly! Let's take a look at this. I'm a woman, & you're a mugger. You come up to me very violently, & I just go limber, & go "bloch", & lay there. I don't make a sound. I don't whimper, or nothing. I just collapse! Totally collapse. What are you gonna do? First thing,... fear... ohhh!! Resistance,... knotting of muscles,... flashing of eyes. Fear ripplin' thru 'em! And, you use force to overcome that (the fear). This is what they try to teach you in Karate & all,... & these new schools for women on how to avoid getting raped, & all this sorta' stuff. This is REALLY what they're talking about, "Go totally limber, & collapse." But NO, they don't tell 'em that. They'll say, "Relax, stay calm, & talk to 'em." Horseshit! That's resistance! You've got to go completely inanimate. They might nudge you with their foot, or something, & reach down, & take what they want, & leave,... but they're NOT gonna beat you up, or anything. Hell, you're ALREADY beat up! I mean, shit, you're done! But,... no resistance. It all comes down to resistance, that brings forth the power struggle. Just like that. That resistance can be fear, panic,... it can be a hell-of-a-lot of things, but it is RESISTANCE to whomever is coming at you, MENTALLY or PHYSICALLY. (P) Doesn't the animal have a react to push away force, like men, for instance? (G) Well, certainly! Certainly it does. Now,... you say, "an animal". There's many animals, fish,... I can go thru 'em. Many, many animals use a total relaxedness, for their survival instinct. And, I don't doubt that there's many tribes on this planet, among what became the human, that had the same instinct to totally relax, when under attack. And, I would say 90% of the females of ALL tribes relaxed totally, under attack. Probably went to sleep, while the men fought the hell out of things!! No, I'm serious! I've seen bucks fighting, & everything else, & the female deer is going right on grazing. It doesn't pay a damn bit of attention to 'em! Because, no more than you put up that resistance, you got problems.

(Editor's note):A woman can MENTALLY prevent conception by a conscious effort. There is a "life force" or an "anti-matter spirit prototype" that MUST be transferred, to start life. If a woman mentally puts up a block against the entrance of this life force, the sperm ALONE will NOT produce pregnancy. Even a man can withhold an exchange of life force, IF he is aware of his choice. It occasionally happens that a man with a strong will can overcome the weaker mental resistance of a woman. But, again, if the woman puts enough mental determination into her "shield", there can be no mental domination. A number of primitive races have practiced mental contraception for ages. Today, many civilized women unconsciously practice mental contraception, by what they would call "instinct".

WOMEN'S ANTI-VIOLENCE INSTINCT &  
C. S. TEAR GAS... THE FIRST WOMAN'S WEAPON

(G) Men have an inward genetic instinct to protect women, so they (men) can feel justified in killing to protect the female & in killing to gather food for his family's survival. Men carry a DNA pattern that easily allows them to use a gun for defense, while this is NOT true for most females. Women are "geared" to nourish & bring life to the young, so they find it very hard to rationalize such destruction. When faced with a "kill or be killed" situation, women are often reticent about using a gun & hesitate. That small hesitation is usually all their attacker needs to reach them, take their gun away, and make them pay for their attempted defense! With the advent of the C. S. Tear Gas units, however, women need not be faced with a "destroy" choice & can easily defend themselves with a simple "stop the aggressive act" choice.

What is this new legal... but non-lethal... weapon?? It is a pressurized little canister a little bigger than a lipstick tube. It squirts a lead-pencil-thin stream of concentrated chemical up to 10 feet. It is aimed like a water hose, and each cannister fires for 16 seconds..., or performs 16 one second bursts. When hit in the face, the victim has instant, horrible pain, the eyelids close, balance is lost with a feeling of almost instant suffocation, & large amounts of water run out of the eyes, nose, and mouth. When hit in other parts of the body or clothing, it merely takes a little longer for the "gas" to take effect,... with the exception of the groin or underarm areas. When hit in these areas, the white-hot pain is more intense & lasts longer, but without permanent physical injury or damage. Fifteen to thirty minutes later, the victim is back to normal..., but with a memory that is long-lasting! Again, this new C. S. liquid leaves no after effects and does not IN ITSELF injure or kill, UNLIKE the old "tear gas" or Mace which WILL produce side effects & is not of much effect against animals or persons under high-excitement stimuli. The new C. S. liquid will put down any human or animal hit in the nose area WITHOUT any permanent side effects.

Admittedly, this little bugger has many uses. The criminal first smiles smugly, "Ah hah! No after effects- hence no crime!", he thinks. But wait- the victim is alive and well, and can identify him... hmmm. Also, he can go to prison for up to three years- just like as if he'd used a gun! The sadist or rapist using it stops himself- he can't "play" with a "victim" smeared with this stuff, because he'll go down the same way! Squirted the victim can produce limited pain, but NOT the blood & gory satisfaction of a hot, exploding gun slug. And, a man doesn't use cry-baby stuff to put a person down..., hell no!!

A gun doesn't hold the technical fascination of a female. It is an ugly little hunk of metal that produces blood! Women unconsciously resent blood because they have to put up with it as an every-month part of their life. Guns and gals are seldom pals. But this little chemical bugger-on-a-keyring, that can do so much stopping with so little effort, without any after effects at all- and is as fun to squirt as hairspray, washing materials, perfume, and just a dozen or so other squirt cans, jars, and even oil cans,... gee, squirt the macho squirt and watch him hurt. Legally.

Watch it, guys. These gals now can shoot from the little finger. They carry SECURITY in the palm of their hand for the first time in their life, and for the first time ever on this planet! They can use it. They WILL use it. And guys- believe me, it hurts like hell!

Information about obtaining a C. S. defense container in your state may be obtained from local authorities or from: Modern Humans, 22511 Markham, Perris, CA 92370.

## THE UNEXPECTED: how to meet any &amp; all Martial Art methods

(P) How can one possibly be prepared to meet ANY & ALL Martial Arts methods? (G) One day, I was talking to a man in his early 20's who was a member of the top Karate team in California, and I killed him. Now, I didn't ACTUALLY kill him, but I would have if I had wanted to. And, I told him... afterwards. I said, "For all your training & everything else, I am now talking to a dead person!" He looked at me kind of funny, and I said, "You remember about two minutes ago, when I reached up & lightly touched you by the one ear while I was talking to you?" "Yeah", he said, "I wondered why you did that!" Then, I said, "That happened to be a point where all I would of had to do is to jab my thumb in there, and it would have stopped your heart & you'd have dropped down. And, if I didn't start it again, you'd have been deader than hell! Now, what good is your Karate? You assume that a person's gonna walk up to you and say, 'I'm gonna kill you.', or come at you with their fists ready. That ain't the way the world works! If I want to kill you, I'm NOT gonna WARN you first. That gives you a chance to kill me! I'm just gonna kill you, and I'm gonna catch you TOTALLY UNEXPECTED... just as I did a couple of minutes ago." And, his face went white! I said, "All this stuff you've been told, that you're gonna be warned or you'll know when you're attacked, it's a bunch of horseshit! Every country in the world tries to teach SURPRISE to its army, to its leaders, and to everybody else. Do the unexpected. Catch 'em when they don't know it's coming. Don't give 'em any warning. And then, what in the hell good's Karate? If you DON'T have a warning, how are you gonna use Karate? You're dead before you get the chance! The best thing that you can do is to learn how to be alert to somebody that's feeling like they want to kill you."

(P) How can a physically Small & Weak person successfully defend themselves against a physically Big & Strong person? (G) BY THE UNEXPECTED, and that's the only way. Now, what's the unexpected? I don't know. It could be a million & one different actions, done QUICKLY & DECISIVELY. Drop down & football-tackle between his legs, drive your head into his groin, whirl around him, kick him in the ass, jump & straddle his shoulders, and then hit him a rabbit punch in back of the head. I mean, there's a million & one things. Dive between his legs, come up his back, lock your legs around his gut, cross your ankles in front & start squeezing, and then grab him by both ears & twist! Or, take both hands, box his ears, and bust his eardrums. There's a hell-of-a-lot of ways where it DOESN'T TAKE STRENGTH. But again, it's thought... PRE-THOUGHT. You're a little weak guy, and a big guy's walking up on you. If you've pre-thought the situation out, you've sized him up. Don't TELL him what you're gonna do. If he's gonna hit you or beat the hell out of you, you don't need to talk to that son of a gun! Again, dive between his legs. Maybe you're laying on the floor, so just roll over on your back & bring your damn foot straight up. He'll go down howling. Jump up & straddle his back, and beat his head into the floor. But, you gotta pre-think this. You do the Unexpected. That applies in ALL situations, but more so to a little, weak guy. Do the totally unexpected. Karate & that won't do them any good, but the Unexpected sure as hell will! Karate's NOT unexpected, nor are any of the Martial Arts. Just do the Unexpected. You don't need any training, or any other damn thing... just pre-thought, and put it into ACTION.

## HOW TO HAVE A BETTER WORLD

by Alfred B. Glaser

Founder Modern Humans, Sept. 1, 1979

Upon this planet is a System that uses Survival as a key to Fear and Gain of every person. This System has built-in CONFLICT. It does NOT matter what the SURFACE condition is called... Capitalism, Communism, Socialism..., the BASIC condition is manipulation of the strongest emotion of the human-SURVIVAL.

When survival for ALL peoples becomes assured, seventy (70) percent of all conflict is erased. The remaining conflict, then, will be open & under choice. Conflict is expressed in HOSTILITY. The control of hostility brings brutality, which in turn sharpens the SURVIVAL emotion.

When you have taken the Modern Human Comprehension Courses, you will be able to understand why the following conditions must exist IN ORDER FOR THE MINDS OF MAN TO BE BROUGHT INTO BALANCE.

### Guaranteed Life Support from the Cradle to the Grave

I) Food, clothing, shelter, medical care, education, and play will NOT be a subject of barter and trade.

II) A specific SEPARATE currency will be put into circulation, to secure the above necessities of life. This currency shall be called Survival Currency, and will be so marked. No profit, under penalty of law, can be made from the exchange of this currency, nor shall it be taxed.

III) A second currency... within each nation, province, etc. ... will remain in circulation, and as it is renewed it will be marked "Pleasure Currency". This money will be EARNED money... by all forms of labor... and taxed to the extent that it will provide the services needed to guarantee the necessities of the survival commodities. The use of Pleasure money in ANY way to barter, trade, or acquire Survival commodities will be punishable under law, with the liability focused on the Buyer rather than the seller.

This system CAN and WILL work.

Think a moment. Does the Stock Market concern ONLY the rich? Do you think the dollar dropping around the world is none of your business? Where does the dollar come from? Where do the rich come from? The dollar & the rich are products of production and the control of production. The rich do not produce, they service. The dollar does not produce, it controls. So, in your everyday chase of the dollar, you are YOURSELF chasing Control. You are not producing with the dollar. You are using the dollar as a means of bettering your OWN life. When you accrue enough dollars, these dollars... when accrued upon your OWN production, on your OWN efforts, your OWN ability to grow, to manufacture to produce those necessities, those "things" that are necessary within this society of ours..., then you are EARNING your dollars. When you are NOT producing, when you are NOT manufacturing, when you are NOT involved in bringing forth that which is necessary to a support of the Life systems here,

you are gaining your dollars by CONTROLLING. The Stock Market is merely a reflection of what is being done, in this country, in the way of Production of foodstuffs, of autos, of the million-and-one items that have a use. When the Stock Market DOES go bad, they are... in reality... closing the factories, closing the farms, closing the livelihood, and closing the food, & the clothing you need to wear. In this way, they have a Control over EVERYTHING you have. And, they WASTE your production, when they waste that which brings FORTH this production. They are playing with your very life!

Is this necessary? Is this System... which has totally, cycle after cycle, destroyed itself & destroyed the people in it..., does it really NEED to go on?? Why do not you check out where YOU stand, and what is being done?!? This is NOT Communist. Communists own YOU, (and) you own NOTHING. This is not a statement OF Capitalism, nor AGAINST Capitalism. This is a statement of FACT. This fact governs Russia, it governs Western Europe, it governs Africa, it governs this World. You have a Control factor, a control factor which controls your very life. It is, as in Christ's time, STILL out of your hands,... because YOU will NOT take the responsibility for your OWN control, for your OWN production, for your OWN bringing forth of crops, of supplies. And, you let OTHERS tell you how to do this. You let OTHERS handle this FOR you. You let others have your production, and they WASTE it... all in the chase of what is called "the dollar". This has no "isms". This has no "creeds". It merely has, as its total answer, a GREED. A greed to power. A greed to dominance. Regardless of what you may think, you are TOTALLY ensnared in the greed pattern.

But, do you think it possible to take from the Rich & give to the Poor? Do you think it possible to take motivation from one person & give it to another? This can NEVER be so. The person who is rich today is rich because they are motivated, because they are doers, because they perform, because they are in there to get something done. To take this attitude, to take this drive,... and transfer from one person to a person who does NOT have motivation, who does NOT want to do anything, is totally impossible! Should these people (&) should the Rich be PUNISHED for their ability? Should they be used as SCAPEGOATS? In no way! This is NOT something that EACH rich person created. They find themselves in a System, (&) they LIVE the System. You find yourself in a System, and you live that System. This is NOT a blame. This is merely the driving desire for each and every one of us to better ourselves in whatever way possible. We constantly forget that we should not, that one really CANNOT better themselves at the EXPENSE of another..., regardless if that person be Rich OR Poor. Is there a Way, is there another Way, is there a Way to solve this problem? Is there a Way to solve the Middle East problem? There IS, but you will NOT find this way by finding & repeating the SAME System over, and over, and over again, and calling it "new", calling it "different", calling it a "new approach", or "we have arrived at a new solution". NO! THAT will NOT work.

There IS a Way, and the way must be thought about, it must be looked about. It's NOT a way that brings forth passion, and brings forth death, and brings forth destruction. It's merely a balancing of the Scale of Life. This way is NOT that difficult. This way penalizes NO ONE. It does NOT chase ownership out of the World. It does NOT chase possession out of the World. It does NOT chase motivation out of the World. It merely states that: the base of ALL conflict, among humans today, is SURVIVAL..., food, sleep, and shelter. You remove these blocks, to a person living their life, and you remove 70% of all friction & all emotional turmoil.

The "want" of Motivation CAN rise above this. The one who wishes to be somebody better, somebody different... the one who feels & has a desire to search for tomorrow & better things, MAY search for tomorrow & for better things... ONLY, in this search, there is a strata, there is a level that he must start from. And, he cannot reach BELOW this strata and deprive ANY person their livelihood & their life-support systems. This isn't that difficult. This is NOT that hard to do, because... ANY way must benefit ALL, NOT just SOME. The System we have now ALWAYS benefits SOME, and PENALIZES the greatest MAJORITY. And, this turn ends. Again, SOME get penalized, and the greatest MAJORITY... thinking they had changed something..., fall into the same, repetitive groove. And, life denial of support systems continues & continues.

You must YOURSELF stop & think. You must LOOK at what is going on, NOT from one dollar, to two dollars, to ten, to a thousand, to a million. You must look at it as, "How can a person live a life & ENJOY that life, WITHOUT being afraid of tomorrow, without being afraid of the children starving or dying, of a mother not wanting a child because there is no way that she can support that child???" You talk of abortion. You talk of many things. You talk of denials. You talk of curbing emotions, of controlling emotions. You talk of politicians CHANGING the world FOR you. NO! You cannot CHANGE this world. You can only LIVE WITH this world & stop SHORTCHANGING this world and yourself. Life is to be LIVED. Fear is DEATH. You walk in Death. All around me, day-after day-after day, I see FEAR on faces. I see fear of tomorrow. I see fear of Hell. I see fear even of Heaven! And, you do NOT recognize that you live in fear. Fear IS Death. With Fear, you cannot live,... YOU MERELY EXIST!! To rid yourself of Fear, to be able to walk as Christ walked, to be able to act as Christ acted, you must look at this world and say, "There is enough here for everybody. There is more than enough here for everybody. But, let's see that everybody has enough from the Cradle to the Grave. And, let those with motivation, & let those with desires, let those who are creative & the artists that are great, let them HAVE a share that their motivation earns for them. But, do not take this share from the Life Support systems of the humans around them."

This is NOT that hard to accomplish. Try being a little HUMAN in your everyday life. Try to leave everything you find just a little bit better than you found it.

Now, I hope you have some idea of the "why" of Need, and certainly, you know exactly what Control is. Knowing of this, what are you going to do about it? You need time? Just who is denying you the time?!? I am going to put it bluntly & with force. Control, in order to stop mass conflict, must be put on a level HIGHER than Life Support Supply. Today, most of the World speaks of guaranteed annual wages, of abortion, of adoption, of caring for those in need. Why? Because... the very existence of any living human being is denied under CONTROL, down to the last gasping breath of a starving baby. Control, using Denial to meet their created need, rips the life of humans around your Earth. And, all know it not! Where should & can Control come into today's world? At that point ABOVE Survival: food, sleep, and shelter,... NOT down to the dregs of misery & contempt, of starvation & emotional crucifixion where it now exists. Every living being guaranteed survival, food, and shelter for their lifetime..., from the Cradle to the Grave. Then, LET the Control Unit expand ABOVE this level, in whatever ways they desire..., under penalty of SUDDEN DEATH to ANY that controls a single mouthful of food away from ANYONE, forcing that person to fall below the Life Support Natural Supplies. Sudden

death is harsh?? A baby's sudden death from starvation is SAD, but an adult's sudden death for having starved that baby to death is harsh?? Come on over to the Modern Human's Center & try to convince that group that one death is sad & the other harsh. Should your logic be this way, it is upside down! Take a look at it with the understanding that ANYONE that willfully takes another's life has set aside ALL laws, thereby cancelling out their OWN right to life. Did not Christ say, "Do unto others as they would do unto you"? Should I need to point out that this means BOTH sides of any coin? Do DEATH unto another, and then death is did unto you. You cancel another person's rights, and you cancel your OWN in a like way. Do good unto others as they would unto you. Where do YOU stand, with the "doers" or the "don'ters"?

You have heard what has been said. You may not understand it. You may not think it many "isms", and you may think it many things. You may think Guaranteed Life Support can NEVER be, because you are steeped in denial & know it not. Today, you have heard, and now you will ACT on your thought or Deny your thought,... because life, on this your Earth, will be as promised. Survival, sleep, food, and shelter for ALL that lives is here, at the WILL of the Father... NOT man. The Father put it here. He can take all or any part of it away. Mere man can NEVER control the act of CREATION, although he acts like & thinks himself to be God, at times!

In the application of the "70% Relief from Denial" around this planet, which is Survival; once you take and relieve the threat of Non-Survival for EVERY human being, 70% of the Denial is gone, 70% of the Fear is gone, and 70% of the Hostility is gone! And hey, if you don't think that releases energy where you can get out and do things you LIKE to do, you've got another thing coming! Because, when you're feeling GOOD, you can really perform! And, you're talking about a FEELING here. I can go on here for the next WEEK detailing what'd be lifted from each person, no more'n that went into effect! Sure they're gonna go hog-wild & be crazy for three months! But then, they're gonna go around and say, "OK, what in the heck can I do? You know, this is really good & let's keep it going! You need work down at that factory? OK, show me what to do. Let's go!", because you don't have to WORRY any longer! (C) In other words, they work because they want to? (G) Sure! I like to work. Hey, I do all kinds of work. I set & type all week long (sometimes). I mean, I write & I enjoy writing. I don't care if anybody BUYS it or not.

Stop and think! I'm talking of what is called "Free", "freedom", of the Right of Life. Uh huh! This is one thing that confuses everybody, because it is an INDIVIDUAL thing. You may love to do nothing but hunt, fish, and take it easy in the countryside. I may love to, you know, set at a typewriter 24 hours a day & not even need any sleep, you know! Each of our OWN Desires & each of our OWN fields of accomplishment are that which gives US the most satisfaction, and that which we are at PEACE with. We are NOT ALLOWED THIS. This is a production/domination System (that we live under today). People have been trying to be free TO BE THEMSELVES, ever since intelligence arrived on this planet. And they STILL have NOT succeeded, because they try to get somebody ELSE to set them free,... and NOBODY CAN DO IT BUT THEMSELVES!!

The only reason why any government has ever needed Secret Service, and all of these higher echelons of security & everything else, is because they're NOT doing the will of the people! If they're doing the will of the people, they don't have to be secret with 'em. They don't have to sneak & pry & invade their privacy. The government has become in direct CONFLICT with the will of the

people of this country, and THAT'S why they need all of this stuff that they've appropriated for. What, 3 billion dollars a year for the C.I.A. alone?? Because of whom?? You, me, and everybody else..., because they no longer are following the will of the country they represent. That's why they need US. They're NOT following the will of the people, so they gotta keep the people under CONTROL. If they're following the will of the people, they don't need this stuff. If they're NOT following the will of the PEOPLE, then WHO'S WILL ARE THEY FOLLOWING???? Now, all of the Domination's tools are to get you to do what you DO NOT WANT TO DO IN THE FIRST PLACE. So, the more expression of Freedom of Choice by the individual, the Domination's tools become WORTHLESS,.... once'st this mass of (Free) humanity grows.

So, who will put this upcoming "New Culture" into effect? The PEOPLE will. No culture can EVER be forced upon people,.... and hope to LAST. To succeed, the coming culture must fit ALL people & be on a one-world base. By the realization of the 3 basic dwells a human exists in, there can now FOR THE FIRST TIME be complete compatability among persons of each Mind-dwell group. Once this framework is recognized, a Priority-minded person can stay among his own group,.... thus shunning persons of alien Mind frames, etc. Such simple methods will put an end to transgressions, and there will be put into effect a SELF-GOVERNING set of principles applicable to ALL societies & peoples. The artists will be free to pursue their chosen crafts, and the Builders can enjoy building, etc. Since they are an ongoing situation, Cultures vary with the CURRENT UNDERSTANDING of the populace. The works of different cultures or peoples show the vibe-level used. To have a system that will function WITHOUT flaw, it will be necessary to guarantee Food, Clothing, Medical Care, Shelter, Education, and Play. Women ESPECIALLY just won't function right, until this comes to pass. (note: Men were created to care for & protect women, and to gather food for their family. Women, on the other hand, were created to raise children & keep the home. Today, however, the male no longer provides, and the female is trying to imitate the male. Our System of Domination has, through the use of denial, turned the woman into something she was NEVER meant to be. The protection of life is the female's programming, but she is denied that right of protection, and therefore she cannot fulfill her total programming.)

And, to put this (system) into effect is so simple, I don't even mention it, because some damn politician crookeder than a son-of-a-gun... which we call "Domination"... will seize upon this, and he'll have the world in the palm of his hand, and then he'll turn it into one of the most blamed, blazing hells you've ever seen in your life! Oh yeah! This has got to come from the PEOPLE, NOT a leader. It's up to everybody to do just exactly as THEY see fit, because Leadership... and this is a horrible inditement of leadership..., any person that's a leader has got to be able to kill. They got to be a killer to be a leader! I know, I've been there! Now, you can kill in many ways, and when I say that you think, "Pow!". No, no,.... I'm a leader. I'm gonna be judging whether you work or not, whether you get fed or not, whether you get clothed or not. There's a million-and-one ways I can kill you, and I can kill your family! Oh yes! A leader carries the power of death, or they're NOT a leader. Think about that a while. Under our (Domination) System, a leader's got to be a good DENIER, or he won't get the work out or she won't get the work out. Everybody'll set down and have coffee & shoot the bull!

(D) You know, the computers have told us that the United States could



furnish enough products to feed the entire planet! Yet, we pay farmers NOT to grow food... they plow it under. We've got grain rotting in our grain elevators. (G) They ran out of grain elevators! We're storing it in foreign countries now! We set on more Food, Clothing, and Shelter DENIED, HOARDED, HELD BACK..., than this World will need in the next 4,000 years! This, again, is all a system of DENIAL to keep everybody upset & to keep everybody doing something,... under the premise that: if they DON'T force you to do something, you won't get off your butt!! And I hate to say it, but it happens to be true! Now, Modern Humans is so designed that the people that read 'em will start getting up off their butt WITHOUT anybody telling 'em to do it. It's tricky, (&) it might even be sneaky! Because... those things will give you ENERGY, and when you get energy, you're gonna start DOING something.

This'll work. Now, I wouldn't say this if I hadn't SEEN it work, you see. I've SEEN this work! I've seen it work for a year and a half in Germany, during WW II. Now, let's look at it a different way. What the hell are you gonna do with yourself (when) you don't have to go to work? You can walk down & get your food, you can go to the doctor, you've got your house, you've got your clothing. You don't have to do nothing. Now, we are GEARED... by our very birthright... to be doing something when we're awake. Alright, we're going to think, in our fantasies & everything else, "Oh wow! Now I'm free to do it!" I'll admit that for about three months, things are gonna be a mess! Everybody's gonna set back and say, "Oh wow! Gee!" And, the first thing you know, they're gonna say, "Now wait! I've been fishing & I thought I liked to fish, but I don't care about fishing too much anymore. Hmm. I've been to all of the amusement parks, and I don't care too much about that anymore!" Now, you can only play so much golf, and then what in the hell are you gonna do? You can only sleep with the wife so long, you can only go around with your girlfriend so long,... I mean, everything's gonna give out! They're gonna be asking themselves, "What in the world am I gonna do to fill the time from morning 'til night??"

I've SEEN it happen, you see. I go by what I've EXPERIENCED, here & now..., NOT fantasy or theory! And, I've SEEN what happens when they're in this condition & in this way, and when they HAVE their Life Survival guaranteed to 'em! And, I'll guarantee you'll work more & harder, after three months, than you're doing right now. And, you'll LIKE to do what you're doing, BECAUSE NOBODY'S GONNA BE TELLING YOU WHAT TO DO!!!

## THE EARTH FLIP

(G) We have a climatic situation coming up about the Earth flipping. Now, I'm just not alone in saying this. There's all kinds of people out there, (in) scientific circles & everything else. This is going all around the world. There's guys out lecturing on it, and everything, about the sway & the South Pole. The build-up of the ice down there & the earth wobble,... they're just keeping it all away from the public, 'cause they can't do anything about it. Why should they alarm the public? Now, the earth flips in 2,005. Now, you'll know it by 1995, going into 1996. It'll be pretty well recognized by the mass of people. They'll say, "Hey! This son-of-a-gun is really rocking! ", and you're gonna have earthquakes, floods, climatic changes, gulf-stream changes,... they're already happening. In 1921, when they first came up with this startling fact that this earth is wobbling on its axis, they took a reading... highly accurate... in minutes & seconds (of a degree). Now, at that time, in 1921, they said they had 45 seconds to go before it tipped over! They've been measuring it ever since. The last measurement was made last year (1981). There's a reason why the scientists have that Doomsday Clock, & it's 4 minutes 'til Doomsday. (E) It doesn't make any difference what we do, huh? (G) No, not in this case. The wind becomes so terrific that... where do you think those plateaus come from? (D) The Mormons have all those food storage in the mountains, thinking they'll be safe in there, but even that's not gonna be safe? (G) Uh, uh. That wind is so terrific that it'd slice the whole top of that mountain off like it was soft butter! That's a terrific catastrophe, when the winds go WHOOSH & the waters come over the land,... oh god!! But,... it's REALLY up to the PEOPLE! We have the technology to stop that from happening. We're not using it for that purpose. Now, when they recognize it... if we're not devastated by all-out war here..., when this starts happening in 1995 & 96, & we've maintained our technology & everything else... OK, we're being threatened today with nuclear holocaust & all this sort of stuff..., because they'll stop all that crap & then we'll use all of the technology we've got to correct that situation, because it CAN be corrected. With the technology we have today, we can go down & relieve that ice in the South Pole & bring this Earth back on an even keel. Until now, we had no way..., we could melt ice, but it goes up in moisture, condenses, & comes right back down again. Now, we can DISEMBODY ice. We can turn it back to atoms, and it does NOT fall back on the ground. We can go down & TRIM that ice cap on the South Pole back to where it should be, and the Earth will no longer wobble! It'll go on a perfect orbit around the sun, and our climate... everything... will improve 1,000 %!! But, if the wreck the technology, you won't be able to. You're just gonna have to sit here & take it! But, it's your choice. I mean, there's choice involved all the way along the line, here.

(Now), you (may) say that, "If the Earth is destroyed, that's not the choice of ALL of the people." Uh,... I can answer that very simply. And, I hate to answer it this way, but I see nobody doing anything about it. If it's NOT the choice of the people, where are the people that are standing up & saying, "Hey! Let's stop this!"??? And, that's THEIR choice, isn't it? They're not standing up and saying, "This is NOT my choice. I do NOT want this." NO. All they do is sit back & wait for someone (else) to do it. THAT'S making a choice! I'm sorry! (Q) But, they get strangled by the System! (G) Well, they get strangled by Work & Time Consumption by the system. You see, I have great sympathy for what's happening to everybody. But, darn it!! I can break free of this system. I

have to earn my living, & everything else. If everybody could spend FIVE MINUTES A DAY on doing that which they LIKE... to themselves... to do, this world would change within WEEKS! Just five minutes a day! They won't give five minutes a YEAR expressing themselves, and that is a choice! And, to all those people that look to somebody to help them, I have only one word to say. The most famous prayer in our Earth... in our Christendom in anyplace in the world... -and it has been spread to all parts of the world- is the "Our Father". And, it simply states that it will be on Earth like it is in Heaven. And, nobody but nobody is trying to make this Earth a Heaven. They're trying to make themselves be SLAVES, to try to get to a Heaven SOMEPLACE ELSE. And... it's about time they started looking at THIS EARTH as a future heaven. And, it isn't that far away & it isn't that hard to do... but THEY will have to do it, and nobody but nobody will do it for 'em. If we blow this planet up, then we blow this planet up. If this planet flips, as it surely will in a re-birthing situation... which has ALREADY been catalogued THREE DIFFERENT TIMES, in written history..., then there will be survivors. There will be people that will survive this, and, hopefully, then they will get back to a NEW type of perfection. But, there is no way that we NEED any help. We have everything we need, to prevent this from happening, but we are KNOWINGLY pursuing a course which will NOT allow us to use that which we need to correct the situation that is coming up. And, a situation IS coming up rapidly, and our weather & our unusual happenings that are happening all around the world are all part of a progressive chain that has already been entered into history... into WRITTEN history..., and all you have to do is study the written history, and you will find these events are now coming to the crux. (P) Is anybody even aware, now, that this exists & can be stopped? (G) There's a lot of people aware, but they're scared of frightening the public, & they're scared of being called a Doomsday prophet, and all of that. (P) But, do they know that we have technology that can offset this? (G) Yeah, but it's all for war! You couldn't get 'em to agree right now..., would Russia take her ships & everything, and use their satellites? Would the United States join forces with them? Would Germany, and England, and all the rest of 'em pool their scientists & everything, and get 'em down there & get the satellites up there & get the geographical instruments down there & all the geographical satellites up there that's necessary to monitor all of this & throw the beams in & trim that ice the way it should be trimmed?? How are you gonna get the Russians to believe this crap? How are you gonna get the Americans to believe this crap? That it's even necessary... (P) Well, can't the scientists just go do it anyway? (G) No way! How are you gonna get the Russian Navy and the United States Navy, and the battle cruisers, and the great big Phaser guns, and all of this sort of stuff, down there, and how are you gonna get 'em up in the satellites & that WITHOUT setting off WW III?? You see, the point is that... if we maintain peace & DON'T destroy the technology, until this becomes something that everyone will be instantly concerned with. When I say, "Instantly", people'll be saying, "Hey, wait a minute!". And then, once the people all around the world are saying, "Hey! Do something! Do something!", THEN they can say, "Well, we can do this, IF your governments agree." "We agree to anything! We agree to anything!" I mean, they got typhoons & floods washing away whole coasts, and every other doggone thing! They'll agree to anything!

Now, we know that all life on this planet... except our own, of course... travels in cycles of renewal. Trees do, flora & fauna does... everything travels in cycles of renewal. They go dormant & come back to life, then they

go dormant & come back to life. We have all sorts of recycling going on all the time. This planet NEEDS to be recycled! It never used to be, not when it was in perfection. It did not need it. No way! There was no rain. There was no loss of topsoil. There was nothing needed. So, now that the life all goes from the land back to the sea through erosion, wind, and rain,... there has to come a time when that life that is carried into the sea becomes... the sea bottom becomes land & the barren land becomes sea bottom, to replenish the life-cycle of the Earth. The Earth breathes. It breathes in, and it breathes out! This Earth is a LIVING object! I say, "Stone is alive or dead.", and people just jump all over me! Yet, it's a known geological fact! It's in ordinary paving contracts & building contracts, and everything else! They order live rock for this, and dead rock for that. (C) Al, I was wondering. In as much as there seems to be a recycle NEEDED, is it right for us to attempt to stop this recycle? (G) We also have the tools to replenish the Earth OURSELVES, now. Sure! We have all of that. What you're doing here is CONTROLLING. (C) But, the Earth flipped before, though... (G) Hey! This will be the 4th one in 11,000 years! They've been chronicled. All you have to do is go back and read the history of Egypt, and you'll find it chronicled where the Earth..., the sun rose in the east, and then there was 40 days & all kinds of turbulence, and then the sun rose in the west! I mean, there's all kinds of examples like this in history. People just read over it and, "Hoh, hum. Etc." And,... how come that they find Mammoths... animals that have been dead for a long, long time, you see... and they still have green grass in their mouth?? They froze so quick, so fast, that they were chewing grass & it remained right there. Well, when interstellar space hit the surface of this Earth, you have an INSTANT block of ice!

(P) With only 13 years left to stop the Earth Flip, how can the comprehension level of the Mass of Humanity be raised quickly enough to TRULY bring us to CHOICE, at the Time of Choosing? How does Pop (the Father) plan to "fix" this planet?? (G) There's plenty here to stop the Earth Flip, IF we don't get in a war & destroy it all. That's the total answer! Now, I say that the war will NOT destroy it all... because it won't happen that way. But, there's always that choice that can be made. In 1995... when everyone will come to realize that the Earth IS going to flip... that's really the ultimate day of decision,... cause then they gotta unite! It's gonna take the massed group technologies of this earth to stop it from happening. (P) Once this happens, then the Earth comes back to a perfect orbit? (G) Sure! (P) But what happens to the Van Allen Radiation Belt around the planet, when this happens? Would that change too? (G) No. It doesn't have anything to do with that. The comprehension level of the people has what to do with that. We throw off energy. When that energy is pure, then that Halo will disappear. As long as the energies we're throwing off are IM-perfect, that Halo will remain imperfect. Impurity cannot get through it! (P) I can see that, but how is the comprehension level of the people going to get raised enough so that they even know what they're doing? (G) They don't have to know! When their energy turn to... should I say... the Paradise on Earth again, then that (the Halo) starts dissolving. Well, it's very simple! All they gotta do is to turn all of their ways to making a Paradise of this Earth, instead of trying to destroy it & each other on it! Isn't that about as simple an answer as you can get?? Once they do that, THEN everything starts changing rapidly. (P) So, that one simple fact is all that they really need to comprehend? (G) That's right! Once 'st they make this their goal & actively start after it, then the problem's solved! They will come into their New Perfection. That's it! And, Pop's NOT gonna fix it. We are.

## THE NATURE OF COMPREHENSION &amp; TRUE LEARNING

(G) To KNOW anything, you must be able to APPLY your intelligence IN THE PHYSICAL. Memory is NOT learning. Application of data IS learning. This is why we must truly EXPERIENCE all phases of living to truly KNOW each. Thought is USELESS until it is APPLIED in physical acts. The average human only acts upon 1/10,000 of 1% of all of their thoughts. Knowing OF something is just INFORMATION. That information will not become KNOWLEDGE unless it is ACTED UPON. There are many different levels of knowledge, but each knowledge is complete within itself. An animal, for example, has an "egg knowledge". Everything that it needs to know is contained within its egg AT BIRTH. Animals know all that they need to know to survive & be happy. Their knowledge is complete (for them). They are content with their knowledge level, so they do not seek out any other knowledge level. They simply do not need it! We humans, on the other hand, are in a mutable state of Imperfection. Our egg-knowledge has been broken for 11,000 years, and we have access to many DIFFERENT knowledge levels, due to our Mind factors. One person may have a little more knowledge on one level than another person does, but you cannot RECOGNIZE another knowledge UNLESS you also have knowledge on the same level. Animals have ONE knowledge level, so they cannot recognize any other knowledge level but their own. Comprehension is the act of AWAKENING parts of ones OWN knowledge that one was previously UN-awakened to. To comprehend means to RECOGNIZE i.e. to know or be aware that something perceived has been perceived before. There are many different knowledge/comprehension levels, and it does little good to communicate on a different level than your acquaintances are at. You can try to explain to them until you're blue in the face, but if your comprehension level is NOT one of theirs, they cannot recognize it. At present, the general populace only comprehends .7% of their total knowledge (that's all they've awakened to). However, intelligence IS catching. And when caught, it squares upon itself, ... as witnessed by the fact that our knowledge doubles itself every 15 years or so, and this rate is now increasing at such a pace that many school books are outdated by the time they get published!

Intelligence progresses thru Conflict, and without Domination there would BE no conflict. Therefore, Domination is a necessary "evil", for intelligence cannot progress without it! Good & Evil were founded so that man would be constantly torn between choices, and in this conflict, their writings would have to live forever. Without conflict, interest dies. When interest dies, man becomes a pointless wanderer. But given a reason, either pro or con, to make his life gainful, man will seek to prove his point, thereby building knowledge instead of letting it die. Without the duality of the Domination & the Free, we could not recognize self i.e. we would not KNOW that we ARE. We would just be existing unknowingly, as many "mindless" persons in mental hospitals do.

Doing as others do is nonsense. Imitating Christ (or anyone else) doesn't make one Christ. Learning to howl like a dog does NOT make you a dog! The only thing that you can do is to try to USE the knowledge of Christ thru COMPREHENSION & ACTION. Imitation WITHOUT comprehension is useless... except for robots! Read books not to attempt to gain knowledge OF someone else's knowledges, but instead, read books to assist you in awakening YOUR OWN knowledges. Books CAN offer KEYS for you to unlock your own knowledges, but no one can unlock your knowledges FOR you. You can only comprehend for YOURSELF. When you have succeeded in unlocking your OWN knowledges, then you BECOME YOURSELF. Then, it can be said that you are truly FREE.

## BALANCING THE MINDS &amp; NEW PERFECTION

(P) How can I avoid conflict, in my associations with others? (G) The only action that I can say is that you study A-mind COMPLETELY, and then try to LIVE A-mind completely for a set number of hours or days. Then, study B-mind completely, and put B-mind into action for a set number of hours or days. And then, study C-mind actions, and then put that into action for a few hours or a few days, . . . and STAY IN THAT DWELL. You dwell with A-mind, and don't let B-mind or C-mind in. You dwell with B-mind, and do not let A-mind or C-mind in. You dwell in C-mind, and don't let A-mind or B-mind in. And, watch how clearly these actions come to you. And . . . once you know them in yourself, then you can spot it in others. And, when you spot it in others, you know how to relate to that person. Use A-mind for A-mind, B-mind for B-mind, and C-mind for C-mind . . . among your relationships. Any time you're working, you're in C-mind. Forget A-mind & B-mind, you're working. Work is a C-mind function. When you're going out to (physically) enjoy yourself, go into A-mind. Now, try to grab people that are A-minded people. Now, if you want to have a highly intellectual discussion, then go into B-mind & look for other B-minded people. They talk about ideas on the Beauty side, but they DON'T talk about technology & they DON'T talk about animalism. Now, if you want to enjoy C-mind, then get together with somebody that talks about ideas, inventions, & all of the other different aspects of Technology . . . , but forget A-mind & B-mind while you're doing it. THIS STOPS CONFLICT. When you're playing the C-mind GAME, your emotions won't be getting hurt. But, you must KNOW that this is C-mind & that's what's happening. And in order to know that, you've got to be able to get yourself to dwell there; to know what Animalism is, you've got to get yourself to dwell there; and to know what Beauty is, you've got to get yourself to dwell there.

(P) The Comps. say that C-mind originated language, in order to pass on all of its teachings, etc. Now, do the other Minds use language also, then, or do they use a more "direct knowing" type of situation? In other words, if you're walking along & you have all of this stuff going on in your head, does that imply that you're in C-mind?? (G) When you want to know which Mind you're kicking around in, you think first, "Is this NATURAL actions, of what I'm thinking?" Bodily enjoyment, bodily survival, the healthfulness & fitfulness of my body. Is this what I'm thinking about? No. Oh well, . . . what am I thinking about? Is this mathematical, is this automobiles, is this something technical, is this something man-made? If that's what I'm thinking about, that's C-mind. Now, if this is enhancement of A-mind, then that may be what I'm thinking about now, because I'm thinking about the realms of music . . . and so on & so forth . . . , which is very placating, very enjoyable, & puts me in a soft dwell, . . . that's what I'm thinking about! Well, then, I'm in B-mind."

But, I'm trying to make a decision! I'm spending time, even as I'm walking here. I'm going to be going somewhere to be doing something, & what am I going to be doing? Is it Mechanical, is it Beautiful, or is it Pleasurable? Which one of those three is it? That's where I'm walking, going, or driving to do RIGHT NOW. WHERE does it lay? Which Mind does my GOAL lay in, right now? And, usually, you'll find out why your thoughts have been swirling; because undoubtedly, in this instance, you're going to be doing something somewhere that YOU DON'T LIKE TO DO. Simple as that. You don't LIKE to do it, you've

committed yourself to doing it, and you're gonna do it. But, you don't LIKE to do it & you'd rather NOT do it, ... but you HAVE TO do it! No more then that "you HAVE TO do it" comes in, it's C-mind that's bugging the shit out of you! No more then you hit that "have to", "you must", "it's gotta", ... C-mind's got you! And, THAT'S why your head is in such a turmoil! Now, you know. Now, you can make a decision. Now, you can compare, weigh, go in prepared, be alert, and if your A-mind still isn't happy, you can convince your A-mind... "Well, you've got to do it. But, look. As soon as I get it over with, we're gonna relax! Hey, we're gonna have a ball!"

(P) You have stated that there is a great "battle" going on, on this planet, between the B-mind & the C-mind. How can I avoid this "battle of the Minds" within myself? (G) In answer to your question, it is the BALANCE between these two power units that is sought. And, that balance is sought in relationship to the vehicle that carries BOTH of them, which is this "stinking body of ours", as most people say. Well, that's what most people say! "This damn animal body, and to hell with it! It's dirty, & it's filthy, & it does obscene things! Deny it! " But, I'm saying this is the fight that's going on. Now, B-mind NEVER calls the body filthy, or anything else, ... but C-mind thinks it's a mess! Fact is, it had to MATE with this stinking thing, or go to "hell" & cease to be! So, it doesn't LIKE it at all! And, I use the word "like"; it does NOT like the body, or being a CAPTIVE of this body. It's hated that from day one! It's the balance of EXPRESSION between the three Minds... in the physical... that's being sought. The BALANCE of EXPRESSION, because THOUGHTS DON'T REALLY MEAN ANYTHING.

Now... the longer B-mind has to influence this body, the better it's off. The longer C-mind has, to influence this body, the better it's off. But, they seek one & then the other, to control this body. And then, that sets up CONFLICT within the body, because the little animal doesn't know what in the hell to do! If you've got two guys training a dog, that poor little dog is gonna go crazy... in time... & not do a thing, just curl up! And, that's what happens to the human being. He just curls up, or she just curls up. (T) I was just thinking, you can't serve two masters. (G) That's it, but you've got two masters driving your A-mind all the time. Now, once'st you balance it out, then you're gonna be alright.

As an illustration: in our classes, we take three people, and we call one of 'em an A-mind. And then, we take another person in the audience, and we call him (or her) a B-mind. This is after they've had the course, & so on & so forth... and we take another one & say they're a C-mind. And then, we'll say, "A-mind, you're going to the beach & enjoy yourself. You'll swim & have a ball, and that's today. That's right now." And then, you tell B-mind that, "You're gonna go to a mountainside, and you're gonna paint a beautiful canvas of the beautiful scenery laying out before you. And, you're gonna enjoy all the exquisite whisperings of the trees, and the animals bouncing around. You're gonna dwell in an idyllic state." And, you tell C-mind that they're going over & watch a football game on television. And, they're gonna set there and watch that football game, & they're gonna get all excited & just drive themselves to lunacy! Fine!" And then, you say, "Now... alright, link arms. Now, you have two hours for each one of you to do that in. When I look at my watch, you go. But, you gotta keep your arms linked!" Well, how am I gonna....?" "See which one's got the most strength! See who can drag who

where!" Very vivid! What you want to do (laughter), you want to try to get a heavy person for the A-mind, & get lighter people for the B's & C's,... 'cause A-mind'll drag 'em. You see, that's the beach, that's the mountain top, & that's the television. Now, you know, how are you gonna get there? You've got two hours. And, of course, A-mind'll head for that beach. And, if he or she happens to be bigger, why... she'll start dragging & they'll start dragging back, and no one's got anywhere! In five minutes, they're exhausted! And, you say, "OK. Now, this is what's going on... inside your head... 24 hours a day, and you wonder why you're tired?!? You've got everybody here on this Earth doing exactly the same thing in their head!

Now, if you want to resolve this, come here. You've got your arms linked. Keep your arms linked. Now, turn kind of facing each other, and BARGAIN. Say to A-mind, 'OK, we've got two hours. Of course, we've wasted five minutes of it, already! But, let's go to the beach for 45 minutes, or 40 minutes, huh? And then, B-mind'll go up, and for 30 minutes, or whatever...! Bargain this out, regardless of what the solution is. Now, you come to an agreement. Regardless of how you come to this agreement, you ALL THREE AGREE. And, you'll get all three things done, & all will go along with it. And, all will enjoy themselves... more or less... because you've come to an agreement with yourself. But, if I take and say, "You two go to hell! Watch that football game!", I'm heading for trouble. And, that's what you do, folks. You tell 2/3rds of yourself, every day of the year, to plain go to hell! And, you wonder why you're ill & you wonder why you catch everything that comes around, because... folks, you're unhappy!

Now... our C-mind will block, normally, A-mind & B-mind out. It will shut them off like a water tap, and they cannot break through. And, you will literally fly apart in your obsession! And, they'll give you drugs & do all sorts of things to try to break that obsession, and no more'n you become conscious again, you're right back in it. The biggest obsession that we're faced with is the Work Syndrome. Men, specifically, tear their lives apart. They end up with heart attacks, and everything else. And, why? Day, by day, by day, by day, they can't get away from it. Everything is centered around this obsession. Work, work, work,... and they don't know it! And, they wonder why their wife goes cold, why their kids don't talk to 'em, and they wonder why they're an outcast. They're doing the best they can! "I'm working my fingers to the bone for you!" They're obsessed. They've forgotten & have shut off their A-mind & their B-mind. They're living WITHOUT emotion, and they're living WITHOUT beauty. And... they're dying & they're dying rapidly. OVERSATURATION in ANY field (or Mind) is gonna disrupt your whole system.

(P) How does one go about MIXING one's Mind dwells? (G) You don't need to MIX the Mind dwells. You can let them be SYMPATHETIC with each other. They will SUPPORT each other. The word is SUPPORT. B-mind will support C-mind, and C-mind will support B-mind. When the little animal's actions are compatible with BOTH, then BOTH are happy! Both think that they're gaining their ends, and maybe they are. So, they're happy about it. So, SUPPORT is the word. Yeah... if all your Minds support each other, that's the goal! Then, you're gonna have Perfection.

Now... your Minds are total units of total intelligence that are FINITE. They know all there is to know. They can know no more. One's Beauty, which backs up the A-mind... to bring it to New Perfection. The other is Technology,



which is a complex/mathematical type of Mind, which is ALSO seeking a New perfection. There's TWO New Perfections, here, at war with each other,... and it's as simple as that. But, these are two total knowledges, total & complete WITHIN THEMSELVES. They KNOW no more. C-mind does not know a damn thing about B-mind, and B-mind does not know a damn thing about C-mind... EXCEPT through the actions that are produced through the A-mind. And, each will take the actions of A-mind & seek to change them to suit THEIR Mind Intelligence. Now, all A-mind needs to realize is that: every day & at all times, when it ACTS to the limits of its knowledge... in all conditions... then it IS perfect, because that IS perfection! Acting to the limits of your knowledge. (K) So, what you're saying is that if I say, "I KNOW I should NOT be doing this.", but you're not strong enough NOT to... (G) Then, you're NOT perfect. Now, INTELLIGENCE ALWAYS ACTS TO THE LIMITS OF ITS INTELLIGENCE. But, that's a different element than KNOWLEDGE (which the Soul has & is gaining). Intelligence brings FORTH knowledge, but it does it by COMPARABLES. If you didn't have Beauty to compare with Technology, then you would know nothing about Beauty! Fact is, you'd know nothing about Technology! It just would BE. EVERY CONFLICT THAT COMES... in our World, right now, that we live in... IS BETWEEN BEAUTY and TECHNOLOGY. One's gotta go. The Beauty that you would like to pursue & everything gives way to a job you HAVE TO DO, and you hope there'll be enough left over so you'll get some Beauty. And, if you go for Beauty ALONE, then you don't have anything to eat. So, it's a CONSTANT WAR. Well, that pushes you forward!

(P) What will be the functions of Men & Women in New Perfection?

(G) A total balance of the 3 Minds acting as a UNIT, rather than as three directing forces... each against the other. When they balance up & align themselves, then you've got Perfection! Right now, they're fighting each other. (P) But, they'll still have to have the opposite function, between Men & Women? I mean, like the Males will gather the food & all that type of stuff, and the females will raise the children & keep the household up? (G) Yes. This will always be an act-react dimension. But now, all of the acts will be in balance, and they will all be in KNOWING. Right now, nobody knows what they're doing, and this is our problem. Get people to KNOW what they're doing, and they normally stop what they're doing... because they don't like PAIN! And pain, as it tells you in Comp. II, is a prod that C-mind found as the greatest tool it could use. And, since it uses that tool day in & day out, it keeps the body driven beyond its endurance most of the time..., and you get sick. But... the idea is to BALANCE those 3, and the Minds then become ONE & the body becomes ONE. And then, once you KNOW, you're not going to be FIGHTING YOURSELF. YOU START OUT FIGHTING YOURSELF, BEFORE YOU FIGHT ANYONE ELSE. See, our Imperfection is the HOSTILITY that we're in, that is in us. And, that's what we have to be rid of is the Hostility WITHIN us. And, the Hostility is brought forth through the INNER CONFLICTS we have. The 3 Minds set up the inner conflict, and we're full of it! And, when we get full of it, it goes out to those around us! So, we have Hostility spreading out all over the place!

(P) What is the KEY, in the balancing of the 3 Minds, to get C-mind to accept the animal's EMOTIONS? (G) It'll NEVER accept the animal's emotions! You make an agreement to work with each other, for the benefit of each other.

(P) But, it's never going to accept the animal's emotions? (G) Why should it?! (P) Is it always gonna try to kill off your emotions? (G) Not if it's not beneficial to it, it won't. It does not KNOW it, and since the animal doesn't talk back, it never knows it... until it's too late. So, the 3 set down... so to speak... and have a conference. You're gonna break your agreement & all of that, but as time goes on you'll learn... from EXPERIENCE... to live with the agreement. And then, you'll get along fine! (P) But, that's not getting the C-mind to accept the animal's emotions? (G) Damn it! Do you want to dominate C-mind? Do you want the animal to dominate C-mind, by getting it to accept emotions which it (C-mind) does not have? That's domination by the A-mind upon C-mind! C-mind's job is to dominate. Let BE what IS. Don't try to CHANGE what IS. Creation only needs to be lined up. It cannot be destroyed. (P) Well, I just thought that if your C-mind could see that, "Well, if I start killing off these emotions, then I'm not gonna have a vehicle any more, or things are gonna be gnarled up for me." (G) It doesn't KNOW what emotions are! When you mention emotions, it doesn't know what you're talking about. (P) And, it won't? (G) No! But, you can offer to TRADE. "You give me a good bed to sleep in & good food to eat, and I'll give you the effort to get that job done that you want to get done." But, when you mention emotions, you're bargaining with something it doesn't know anything about & has no use for! (P) OK. So when you're reading through this stuff (about emotions) in the Comps., your C-mind isn't soaking in anything? (G) It's going mad! (P) So, it doesn't know any more about emotions than when it started? (G) No! In no way, shape, or form. But, your ANIMAL now knows what's been controlling it & what's being done to it. THAT'S where the BENEFIT comes in. Your animal can start saying "NO" to C-mind, 'cause it HAS the ability to say "no". (P) And THEN, you can get into the bargain thing? (G) Uh huh! Then you can say, "OK." , like when the men strike at a factory. They might suffer, their families might suffer, but that person that owns that factory's not making any damn money. That's why they own the factory in the first place, ... to make money. And then, you can strike a bargain.

(T) What is the New Perfection? (G) The balance & harmony of all your Minds. (T) The 4 elements: A-mind, B-mind, C-mind, & the Soul? (G) Well, certainly! That's it! (F) Well, what would the "balance criteria" be? Could you get by spending 3/4 of your time in C-mind dwell? (G) You would be in a FLOW principle, because these (Minds) would all be interacting... the same as everything interacts in a stream. It would NOT be a case of being "two hours here" & "two hours there". No, this would be a constant balancing of Flow. Now, to get into this, you recognize what dwells & what "frames of Mind" you work throughout the day in, and really come to recognize it. And then, you can start sliding them together! (F) OK, but in a technological society... which we are now..., you almost have to work the majority of the time in C-mind, to survive! (G) No! You can work in a pleasure dwell, and everything works beautifully. Once you get your Pleasure Dwell settled within yourself & you go and work in C-mind, B-mind, or A-mind; it doesn't do a thing but HEIGHTEN your whole Pleasure Dwell! Your DWELL is what counts. This is what you work from. And, your dwell is nothing but controlling your Feel Field! And, when you get control of your Feel Field and get it pleased & happy with itself, your whole body is happy and you're GLOWING! And, nothing rocks the boat! (T) Wouldn't we all be a little happier if we had a little gold mine, or something? (G) That's money. Money has nothing to do with this! (T) Well, do you have enough money? (G) NOBODY ever has enough money! Not even the people that are billionaires

have enough money, 'cause they suddenly find out THAT THERE'S AN AWFUL LOT OF "THINGS" IT CANNOT BUY!

(P) When I'm working, must I stay in an Excitement Dwell? (G) You couldn't PERFORM in an Affection Dwell. You couldn't keep yourself alive in it or anything else, . . . not in OUR environment. You can put yourself on AUTOMATION & survive, but that's a combination of all 3 Minds! And, that's so complex that you either develop it. . . by knowing the ACTIONS of the 3 Minds and the Affection Dwell. . . or you will not, because I don't know of any procedure that I can tell anyone that'll throw you into an Automation Dwell. (K) What is an Automation Dwell? (G) That's when I walk into my workplace, ring my timecard, walk up to my box, turn my machine on, and go into an "automated" dwell. I work 8 hours, and I don't have to think or anything. I can be in A-mind, B-mind, C-mind, or anything I want to be in. I can be out walking around the Universe. And, my body goes on performing, I don't make a mistake, I'm going at way higher than normal speed, and everything's perfect. I'm not tired when the shift's over. I couldn't ALWAYS get in 'em, but I could 9 out of 10 times. (K) Could you talk, during those times? (G) I could carry on conversations, read, & do all kinds of things. That's an Automation Dwell. And again, I didn't go into it, because these are things that you can get into. . . after you get through the four Comps. . . that we can set around & discuss. You see, you probably wouldn't have had to ask that if you knew that the heat activators are expanding & contracting these energy rings all the time, and how they interact, overlap, expand, and contract. Once you get all those pictures clear, then you'll say, "Oh, my goodness! This is what I'm doing!", and it starts clarifying itself for you. And then, you say, "Well, if I line these things up, then nothing's gonna interfere with anything & I can get the job done." So, you line those up, and you get the job done. That's an Automation Dwell. You line Affection & Sex up, and you've got an Affection-Sex dwell. . . which is Excitement & Pleasure at the same time, and it's not gonna hurt you. You can do all this sort of stuff, once you understand the complexity of these little rings, and how they function, and how they interact with each other, and how they transmute, and all this sort of stuff. But, it takes a lot of DOING, 'cause all I can do is put down the PRINCIPLES, . . . and then you're gonna have to start closing your eyes, looking out the window, or whatever you're gonna do to CONCENTRATE. And then, you'll start SEEING. . . MENTALLY. . . this sort of thing happening. And once you get to that point, then it's very easy to start changing 'em & SEE 'em change. But, everything's rings, different colored rings.

(P) What are the different stages one goes through, in the Balancing of the Minds, to reach the free Flow of the Minds? (G) They've got to NOT be in CONFLICT with each other, and the only way that you can do that is by getting an agreement set up & by abiding that agreement. And then, a Free Flow sets up & welds the whole thing together. And, C-mind doesn't need to know about emotions. All it needs is RESULTS, because it's been DENIED results. And once it gets results, it's perfectly happy, then. A-mind's getting what IT wants, so it's perfectly happy. And, since A-mind is happy, B-mind is happy. Now, there's no BLOCKS to whatever comes in, . . . because your defensive actions, within yourself, are down. (P) Well, once you've done enough of this bargaining, then it changes & starts going into a flow? (G) Sure! And, if you're NOT going to get into a bargaining position & each try to help the other to be

happy, then you've got to set up BLOCKS against your being interfered with, and this "block" interferes with ALL KINDS of transmissions! (P) But, if you get each to SUPPORT the other... (G) Then, there's no "blocks" you've set up, so the transmissions come through!

(note: You might say that there are 4 "steps" one goes through, on the way to forming a Free Flow between the Minds. They are as follows:

Step #1) Recognition of the 3 Mind Dwells WITHIN ONESELF, and the settling of one's OWN Pleasure Dwell within oneself.

Step #2) Having conferences between the 3 Minds, and the setting up of an agreement calling for each Mind to SUPPORT the other.

Step #3) Taking "spot checks" a few seconds before you act. "Spot checks" are very short conferences between all 3 Minds, to see if your proposed action fits the terms of your agreement.

Step #4) After spending a time in Step #3... it could take weeks, months, or sometimes even years..., the Minds become telepathic... so to speak... with each other. They are in constant communication with each other at all times. THIS is what allows for the Flow. Now, you will break out of this Flow only when your proposed action is AGAINST THE WISHES OF THE OTHER TWO MINDS. In this case, you will drop back to Step #3 & the 3 Minds will go into conference. However, once the problem is resolved, you will instantly return back into the Free Flow. Now... besides the obvious benefit of eliminating INNER CONFLICT, this Free Flow also gives you the capacity for making INSTANT DECISIONS. All 3 Minds shoot in their findings instantly, a solution is reached that is in line with ALL THREE, and then you get your answer. This all takes place in an instant! And, you will not feel GUILTY about making ANY of your decisions, because ALL THREE of your Minds are in agreement with it!)

## CONTROLLING PHYSICAL PAIN

(G) One of the great controversies in this work is the blunt statement that pain, in itself, is a MEMORY factor & is only peculiar to the human, because they have memory. They have Mind memory, and the rest of the world... as far as has been ascertained... does NOT have MIND memory. Basically, since pain... in animals around us, & everything... is a SIGNAL which goes from non-alertness to high-alertness, they do not feel "pain" (as we humans know it). They feel a signal, and the body breaks down if they ignore that signal. The human, with a Mind, can go beyond high-alertness..., beyond non-alertness..., and when it goes over that edge, "pain" happens. A MEMORY of pain shoots forth, and you are in sudden, devastating pain. If you could not REMEMBER the word "pain" & the effects of pain, each new happening would be totally new, and there would be no RE-COGNITION of it! As it is, the memory drive of that pain puts the same feeling back in, when the pain goes. The C-mind intelligence is overriding, with its memory, the ACTUAL pain factor of emotions,... and THIS is where this is coming in. And, it has the right to do that!! It is a TOTAL intelligence, and it gets rid of emotions this way. The emotions in a child..., by the time it's 21 years old, 90% of those emotions are twisted, torn, raped, and killed. And, I'll defy any living human being on this Earth to prove that wrong! B-mind CAN shut that memory-pain off, and let that again return to pleasure. But, YOU GOT TO HAVE YOUR B-MIND ACTIVE, OR IT WON'T SHUT C-MIND OFF. We have phantom emotional pain. We lose an arm, and we have phantom pains in the arm that is no longer there. Our emotions, so to speak, lose an arm..., but the PAIN of that arm remains. So, it's in a memory chord. Since A-mind HAS no memory, the memory has to be shot INTO A-mind. (Q) But, there is a cellular memory... (G) There is what is called a programmed action-reaction, within the A-mind going to New Perfection. It does NOT repeat, in re-programming. That's how you avoid re-living the same (painful experience), and you say, "Hey! OK, that was one hell-of-a mess, but I'm NOT gonna do that again!". And, if you TRY to do it, you won't get the effort to do it! You'll sit there saying, "Well, I'm gonna do that. Well, I'm gonna do that.", and you won't get out of the damn chair..., because A-mind will NOT give you the effort to repeat that same damn thing it's already experienced. And, that even goes back a thousand lifetimes!! Now..., so you get a thought, and the thought is NOT of A-mind origin, and this thought drives A-mind to do something. A-mind just clicks & shuts the thought off & says, "No!", and you get no effort. All-right, with memory..., IT DOESN'T TAKE EFFORT FOR MEMORY. ALL IT IS IS AN ENERGY WAVE SHOT IN. And, it's like that prod, to that animal. It's an extra charge, an extra signal. And, it plunges BELOW the nerve capacity or ABOVE the nerve capacity, to carry that load, so it OVER-VIBRATES that nerve capacity & extreme pain results. And, it's a simple electronic equation. Pain is an OVERLOAD of the warning system of the natural animal, and once this overload is brought under CONTROL, there IS no pain.

Pain is the great disrupter of all that we call enjoyment. Pain..., who invented it? Well, that is a very good question. If you want to know the answer, each and every one of us has invented our own! I am quite sure that... since this, again, is something I know & up until now, you have not REALLY known... there is going to be quite a few objections to my statements, and what is written, and to the people who helped me write this sometimes-called despicable textbook. But, only by those who have run into people that have run into people who have studied it & used it, and they have not. They find themselves, the ones who have

NOT studied this, at a very instant disadvantage. I wish that were not so. I wish, of course, that everybody could be happy together. That pain would be gone. That life here would be one of pleasantness & contrast... and NOT one where it is judged by, "Are you in pain, or are you not in pain? Can you have a good time, or are you hurting? Are you healthy, or are you unhealthy? My, you look sick! What's the matter? You're eyes are all glazed over!". I would use up the next half of your life, if I used all of the words & phrases that have been coined to describe a person being in pain. I would only use up a month of your life, if I repeated all the phrases & words that have been used to describe feeling joyous. We concentrate on pain. We do not want pain. We carry pain with us, hoping to stay away from pain. And, all that we are doing is magnifying a simple signal. Either an emotional signal that is very simple in the beginning, or a physical signal that... many, many times... is very simple in the beginning.

To digress. Should you have a burglar alarm in your place of residence, and a burglar breaks in & the alarm goes off, that alarm will keep on ringing and ringing and ringing and ringing and ringing and ringing. Eventually, either the burglar will be gone, the alarm will burn out, the police will show up, or you in desperation shut it off. That signal that you have in your body is exactly the same as the burglar alarm! It is going to go off, and it is going to carry to whomever is witnessing it exactly what that person thinks is happening. A burglar alarm, a burglar is in the house! And the fright and the fear and the panic result instantly..., and low and behold it turns out to be a stray cat who came in! But initially, due to the conditioning of the signal & the reaction to the signal, that was a burglar in the house! And, according to your way of thought, they were not only going to take everything you owned, but they were going to cut your throat just to get you out of the road! And, therefore, everything in you started climbing the wall! Pain is no different.

Pain is created, was created, and is STILL being used by intelligence (C-mind) as a control factor, for the animal that houses it. It is a signal. The more that you tell yourself & tell people around you that pain is merely a signal, the quicker you will free yourself of pain & the quicker the people around you will free themselves of pain. Needless to say, this doesn't happen within seconds. This doesn't merely happen by looking at a person and saying, "That is merely a signal, buster. Ignore it!", because you do NOT ignore signals..., not and go on living! And, when I speak of living, I am talking about that which is called life and death. If you take life & say, "Living" and you take death & say, "Dying", I cannot make it any clearer... because, when you are in pain, YOU ARE NOT LIVING. You can stop pain, suspend the pain, control the pain & have it while you go on living; OR you can recognize it as a signal, answer to that signal, rest that part of the body, bring attention to that part of the body, BABY that part of the body, no longer abuse that part of the body, and the body will start healing itself & will stop visiting you with pain, either emotional or physical.

There is a great difference between emotional pain and physical pain. A very great difference. Here in the last few years, medical science has found that the human body, low & behold, does produce its own morphine! Oh, they give it a different name under chemical analysis... it is slightly different, and so on and so forth... but, of course, it has the same effect. It is a drug the body manufactures and throws to the source of damage. "I'll be darned! That's why a person... under a high drive, under high excitement... can get hit, burned, a

leg broken, an arm broken, get mashed, and ignore it and keep going until whatever is necessary to be done is done, and then collapse in a quivering heap!

Now, if this has been going on all these centuries & has now just been discovered, (then) somebody has been calling somebody else a whole lot of liars. And, they have been calling people who can control their pain various names like witches & warlocks, and spiritualists, and saviors, and just all kinds of God-like or Devil-like words. And that, in a way, is quite laughable, because each and every person carries exactly the same ability to do exactly the very same thing!

Controlling pain is done by intelligence. If intelligence elects NOT to control that pain & elects to make you suffer... until such time as you turn that intelligence off..., you will go right on suffering. (In) physical pain, intelligence heightens every bit of that pain according to more sensitive byproducts of your body and the passageways of the cell & the pain paths..., or so the world would have you believe! Just as it takes a thought to know that there is a pain there, it takes only a thought to shut the pain off! In order to control pain, you must lose your FEAR of pain. You must be able to let the signal be a signal, and obey that signal..., regardless if the boss is screaming down your throat, regardless of what you are doing. You must honor that signal. Once that signal is honored, the drug of your body, IF necessary, will be INSTANTLY at that spot into a rebuilding, a curing action..., which will be of no further bother to you UNLESS you re-abuse that part that has been injured.

The wonders of medical science have now brought forth many, many, many ways of putting to sleep a damaged element of the human body. That is a very great achievement. There is absolutely nothing the matter with that. But, have you ever wondered why doctors and why nurses only treat that patient to such an amount to put him or her at ease, and then they take them off (the medication) for a little while and see if it's still hurting or not?? That causes a lot of pain to that patient, when they're NOT covered by medical science, in order for medical science to be able to check to see if they (the patients) are healing. That is a very small part of the price to pay in order to get the benefit of these wonderful drugs, and, of course, the ability to use them...because that is better than laying there hurting and hurting and hurting with no recourse whatsoever. Because..., that signal is now a MEMORY BANK, and a pain is all you're getting in place of the signal. Intelligence controls your memory bank. So..., physical pain can, most of the time, be elevated & held in abeyance... until the body heals that part without too much obstruction to the healing process.

There are thousands upon thousands of people... and, of course, a lot of them in the Oriental & Mystic & Spiritualist studies and applications... that can, of course, eradicate pain completely. However, they are fooling themselves!! They are losing their high sensitivity to life because, you see, when they get rid of the pain, they also get rid of the signal! And, (when) you get rid of that signal, there is no way the body knows to rush forth with curative effect to the damaged part! Therefore, a person without pain, without the signal, doesn't know enough to damage or not damage any part of their body! They never know if they've got their brain scrambled, or not!

So, the signal must remain..., only the pain must go away. And, you do this within yourself. And, you can actually transfer this to a patient, to another person, and that is the subject of another talk.

(P) You have stated that, "When you stop comparing, you stop pain." Could you explain that statement? (G) You must recognize something for it to exist. To RE-COGNIZE something means, "to know that something perceived has been perceived before". In other words, to recognize anything you need to have the faculty of memory. Without MEMORY, you cannot compare. If you cannot compare the feeling of a crushed arm to the feeling of a "normal" arm, then pain in that crushed arm does not exist for YOU. Pain exists for the human as something terrible ONLY when they use their Mind (C-mind) to COMPARE. The exercises and rituals of many groups are simply methods of putting one in a state where the Mind is NOT forced to compare. For example, Nature Cults have one watch the sunset. Concentration on the beauty of the sunset gives one no alternate sun to compare to. Concentration on the painful area or event perpetuates the pain by allowing comparison. If you concentrate on PLEASURE instead, then you cannot RECOGNIZE the pain..., and it will no longer exist for you, AS LONG AS YOU HOLD YOUR CONCENTRATION UPON YOUR PLEASURE DWELL.



## CONTROLLING EMOTIONAL PAIN

Emotionally, we... with our great intelligence... tell our emotional field that it is NOT, that it does not exist..., and, therefore, we don't have to pay any attention to it, because we will create another emotion to take the place of that emotion that is on the rampage. Mental institutions are full of these people with that type of intelligence-control of emotions, because you can use intelligence because intelligence IS. And you will emote, because emotions ARE. When you have a damaged emotion, it will go right on sending it's signals DAY & NIGHT..., and sleep has nothing to do with it. It is there.

How do you handle an emotional hurt? The first step is isolating yourself from the causative factor. That is not very hard to do, not really. Unless, of course, you ENJOY that pain & feel that you must be PUNISHED because you are guilty, you have done something wrong. Therefore, you will let that emotion go right on tearing you apart. First: find out what you THINK you are guilty of. That is the first step in overcoming emotional pain of ANY type. What am I guilty of? What did I do? And surprisingly enough, in most instances, you will find that you have not done anything to bring this about! Until... you suddenly realize that you did the same thing to somebody else & did NOT know that it produced emotional pain in them BECAUSE THEY HID IT! They did not scream at you. They did not punch your teeth in. They did not chastize you. They did not even stop associating with you. They took their emotional pain, gritted their teeth, and did not let you know.

As you come to that self-realization, which is really Step #2 in emotional pain control, your Step #3 question is really simple: "Did I mean to do this? Have I learned something from this?" And, after that third step, since you are now looking at that pain through a microscope, the pain is already diminishing. It is already freed from its wild, screaming signal. Once an emotional pain has happened, it takes time for that emotion to quiet down..., for that emotion, under your control, to be taken to a convalescent hospital... that would be the word..., and thereby quietly allowing that emotion to re-stabilize. This is a term called "sadness". This sadness is the convalescent hospital stage. That sadness will become minor, but it will also serve to warn you... like a burglar alarm... whenever the same situation starts happening again.

Many, many people have said to me, "But, I didn't do anything for this to happen to me! I never did anything at all to this person! I was very good to this person. I did everything for this person!". And at that point in time I say, "Stop, right there! You did not do a damn thing for that other person! You only THOUGHT you did, because that person did everything for themselves, just as you do. So, don't lay it onto them!" And, then comes the tirade. Then comes, "I gave them gifts, I did this, I made an ass out of myself for 'em, I took from them what I'd never taken from anybody else, I bought them this, I bought them that, I ran, I jumped every time they snapped their finger,... and you can't tell me blah, blah, blah, blah, blah, blah.". And, I repeat, they did NOTHING to that person. YOU CANNOT PLEASE ANYONE AT ALL, UNLESS YOU ARE ALSO PLEASING YOURSELF. And when you go AGAINST YOURSELF to please another, you are neither pleasing that other nor pleasing yourself. And, whatever that relationship is, it is going to blow.

You heard... through the many, many different actions that have been very prevalent in the past few years within the United States & the world... that you should live for NOW. Now only, exist. This is a lack of communication. What those people have been trying to say is that, "You answer truly to your emotions

as they are, NOT as you WISH them to be..., because right now your emotions ARE. And, you are undergoing them, and you are reacting to them, and you are setting here listening to me using them, and your feel-field is psyching me out & trying to understand or misunderstand me, or combat me, or deny me, or agree with me. But, that emotional field... WHICH IS YOU... is working, and it CAN get hurt, it will get hurt, and YOU will be the one hurting it,... (and) NOT me. And, this takes some thinking on your part.

I have been asked by many, many people... that have suffered great emotional hurt..., how could they avoid this in the future?!? And,... one time I happened to be looking at a book, and the book was about 3 inches thick, and it was a paperback. The title of this book was... and this is what these 100's of pages were written about..., "Seven ways to ruin a relationship". And, I laughed. Now, don't misunderstand me. I have great reverence for the written word. I have & place great value upon written works. But,... works are written for you to understand, NOT blindly obey, or blindly follow, or blindly accept as being the "last word for ever & ever & ever". No! They are written for you to enjoy, for you to gain,... and they are NOT written for you to blindly follow. And this one book..., when I made this statement, the party with me gave me one of those nice cynical looks. And, I looked at them & I said quietly and very clearly, "There is a total waste of paper, because I only need ONE WORD seven times, and that word is NO, NO, NO, NO, NO, NO, NO." And I said, "Very few relationships last beyond the 4th NO. Very, very few relationships will ever survive the 6th NO."

And, what has that to do with emotional hurt?? Need I explain!? So, if you are looking for a person with whom you would associate, the first thing you do is: find out if that person likes the same things you like. That is not hard to do.

ALL ABOUT FEAR, & HOW  
TO CONTROL IT

(G) The one motivating factor, in your lifetime, has been fear. Fear is a Mind creation. Your animal-man does not have it. It is a memory recall action, & it is something that has been TAUGHT to you. Since it's been TAUGHT to you, it can be UN-taught! What we call fear is the remnants of our survival-alert system. Now, it is well to be afraid, but it is horrible to be stopped by ones own fear. Fear is a warning mechanism. Treated as a warning mechanism, it lets us do things which we, otherwise, may even be killed for doing; because it lets us know in advance. We can then sidestep, utilize, or calmly withdraw PRIOR to committing an act. With fear being present, we will look closely at that act,... at that situation..., analyse that situation, then MOVE knowing what to expect, & therefore OVERCOMING that obstacle, or situation. Without fear as a warning signal, we would plunge headlong into it, without preparation,.. and we would end up deader than hell!! It is a necessary ingredient, within the human psyche. C-mind, Big Brother's intelligence, uses this to stop us COLD any time we go against his mandates! So, therefore, it becomes a very powerful & useful tool of Big Brother, & he utilizes it to the utmost! If you will start looking at what you call fear... and, I know it... hey, I've been there! God, I've been there!... if you will merely say, "Wow! What in the hell is my need to be alerted, in this situation?", instead of saying, "Hey! I'm scared to death, god damnit!", say, "Hey, what's bringing this on?", and look at it, & assess it, & then ACT,... there is no longer that feeling there!! Once'st you've done this once'st or twice'st in your life, you will be almost totally free of that fear feeling that you now have! It will turn into a sense of alertness, you will become highly stimulated instead of depressed, & you will MOVE to meet it, whatever that obstacle is. And,... it sounds odd..., but you will GLORY in overcoming that obstacle! The feeling changes from one of depression, into one of actual... I should say BEAUTIFUL... expression & feeling. That WAVE changes within you, once'st you accept that as a highly alert signal, & act upon it, & look at what you THOUGHT you were afraid of. And, once'st you go thru this, you will find that fear ceases to be any problem whatsoever, or any obstacle whatsoever. (P) When you say that you're scared, is it your animal that's scared? (G) Sure! You're damn right you're animal gets scared! Any time it gets threatened, it gets scared. (T) That's happened to me afterwards, Al, after it's happened... (G) Well, this, in these gas-gun classes, is what I'm tryin' to get the instructors NOT to say, "Hey. You can only use this when you're AFRAID." No! You don't have to be afraid, to use it. When you know that your body is in danger of being harmed, you may not feel fear at all! You just know that, by God, that guy's gonna bust your skull! You're not AFRAID of him busting your skull,... you just know he's gonna do it! Because of... most of the times, the fear comes AFTERWARDS, with Men. Now, fear comes FIRST with Women, normally. Yeah! They'll get scared first. Men get scared afterwards. "Woah! I could have got killed, you know?! God, if that had hit me! Boy, that grazed my shoulder! What if it had been over a couple of inches?!" THAT'S when you get scared, but not at the moment (for men). So, again, fear is a relative thing. Now, I can say catagorically that I've never been afraid in my life, BUT I can also say, at the same time, that the part of me which is animal has been on a high survival-alert thousands of times. And, to me, that's a very high alertness! Now, people UN-knowingly call this fear. It's not. It's a highly keening sense of total alertness, but it's not fear at all. And, I'm telling you,... you can move with split-second timing & accuracy, when you're

under that alertness! Mind puts fear in there. So, once you get the fear out of your mind, it cannot utilize it on your animal. So, therefore, your animal will never be afraid! It'll go into a very high ALERTNESS, & that's it! Categorically, under this, I've never been afraid. I've had that heavy rush of adrenaline which fear brings forth, in your ordinary human,... and they call it fear. Because, no more'n you get a' scared, boy! That adrenaline starts pouring up in your body. I mean, it turns adrenaline loose like you wouldn't believe! Grab ahold of a person that's scared! They're as strong as 10 people!

(P) Can B-mind eliminate fear? (G) Well, let's put it another way. When you're in B-mind, THERE IS NO FEAR! IF YOU CAN GET INTO A B-MIND DWELL, YOU'RE AFRAID OF NOTHING, 'CAUSE NOTHING CAN HAPPEN TO YOU!! That sounds crazy, but it's true! Daniel & the Lion's den,... well, there's no sense in going into the many, many testaments of this beauty-dwell. Nothing happens to you, when you're in a beauty-dwell! People can be killing each other all around you, & leave you strictly alone! But, at the same time, you will FEEL this (danger) in advance,... since your feel-field is working..., you will take the instant steps to offset that danger, & the bullet will not hit you! I'VE BEEN THERE. I've looked into gun bores... in the hands of an enemy... that had nothing else in mind, except to kill me! I've BEEN where I'm talkin' about. I've watched it work, & shook like a leaf in a high wind, & shook my head saying, "My god!"; but, it happened. I'm still here. All those that put me in these conditions have been gone since they put me in those conditions. And, that react of total survival? No, I think nothing of it. It was me, or them. I did not bring it about. THEY brought it about. THEY committed it. I STOPPED the committment. When it backfired on them, if it wiped their life out, that is what THEY'D committed themselves to! That is the choice THEY made, NOT me. And, this again comes into denial,...them not knowing it, them committing themselves to their OWN death, them committing themselves to their OWN future...., NOT the person they're facing, NOT the person they've made the choice against. (Q) How can I overcome the fear of non-survival? (G) You are going to have to realize that you WILL survive, & you don't need anyone to help you. You YOURSELVES are the ones that are going to survive, IN SPITE OF all that goes on around you. Not BECAUSE of what's going on around you, but IN SPITE OF what is going on! There's two ends here, one positive & one negative. If you allow what's going on around you to THREATEN your security, that's a negative. If you allow what's going on around you to BOLSTER your security, that's a positive. See, I think that by the time any of us are 8 years old, we've been taught to say, "Yes", to survive. Obediance,... your parents slap you down, if you disobey. You obey the teacher in school. You obey the cop on a corner. You're NEVER taught to say, "NO". Your fear of being caught causes you to say YES, when you want to say NO. And, this builds up anxiety & paranoia. By saying YES, when you want to say NO,... you sidestep the issue, & end up with a guilt complex, which is FEAR! If you can develop the ability to say NO, & make it ACCEPTABLE to the person you're saying it to, there's no guilt trip, & there's no anxiety! Anxiety constricts the blood vessels in the body. To get rid of anxiety, breathe deeply,... & realize that there is no reason for fear!! Direct your ATTENTION from fear, which is a memory-based C-mind prod, and there IS no fear!! The Mind-fear we know will go away, once we recognize that it is USELESS to survival. Real survival-fear tends to raise the hair right up on the upper-body extremities.

## DEALING WITH THE FEAR OF THE UNKNOWN

(G) The fear of the unknown is the fear of the Mind, not fear of the body. Your Mind (C-mind) has fears, because it's in a fearful situation. This is not something deliberate on his part (Big Brother), nor does he pro-destruct deliberately. He does it because he knows he's not destroying. He's changing. And, this reconciles him to his actions. But, he'd rather not that be so. He'd rather the human live to be 155, or 1,000 years old. And, he's trying just as hard as Pop is, to bring this back to New Perfection. But, he's doing it on one basis, & to him a new perfection is totally devoid of emotions. Pop says, "Emotions ARE perfection, & the other is only a PART of the whole Creation." So, it cannot be accepted... so, it isn't, again, a fault. There is no judgement in this. It's a recognition of the values clashing. And, the Fear of the Mind is terrific! When you have the fear of "not knowing", one of the best things you can do is to act it out, & see what happens. THEN, you will know. Now, the other fears, about what can or cannot happen under a THEORY PROJECTION... which the C-mind does constantly... you say, "Hey, this is a GAME!", because it IS a game! A-mind doesn't indulge in that, nor does B-mind. That's a C-mind game, & it's game playing. THEORY IS GAME PLAYING. So, once you accept it as a game, like a baseball game, or a hunting game, or a football game, or a tennis game, or any other game (win or lose situation)... when you start looking at "a theory projection of the Mind through a fantasy horror setup", or the Unknown, think of it as a game. Think of it as a movie, & think of it as something put together for your enjoyment, & it begets a different aspect to it. And then, you'll start ENJOYING these horrible fears!

## DEALING WITH THE FEAR OF NON-SURVIVAL

(G) Be reconciled to the fact that: unless you, with one of your Minds, deliberately offset your body,... your body has EVERYTHING it needs here, to survive. If you deny it with your Mind, THEN it CAN lose its survival. But if you will leave it alone, it WILL survive. It doesn't need money. It doesn't need anything but ITSELF, to survive. It can find food on a desert, & on a mountain top. It can find water ANYWHERE. If you will let it be, it WILL do it. So, your survival is really guaranteed, UNLESS you interfere with it.

(P) It's sort of like your mind saying, "Oh, that would be terrible to eat!", or "That would taste bad.",... (G) And your little animal says, "What in the hell do YOU know about it?? YOU don't taste or smell! I taste, & I smell. You don't. So, let ME decide, & quit trying to feed me this horseshit!" And, it will do that, once you start saying, "Hey, you're (A-mind) my survival. YOU worry about this!" And, it'll say, "Yeah! I'LL worry about it! Quit pushin' me around!" You won't have any problem. (P) I guess the problem I get into a lot of times is thinking that I need the knowledge, in order to survive,... but that I've got to get the knowledge from BOOKS... (G) You will survive to GET the knowledge. See, your survival comes first, ALL THE TIME. Just remember that. Regardless of what your Minds say,... your Minds do not exist, UNLESS they have a survival from your body. NEVER worry about the survival of your body on that score, because you gain knowledge ONLY because your body survives. You do not gain knowledge, and HAVE your body survive. Your body IS, & it WILL survive. And, the only way it will NOT survive is when YOU stop it from surviving. But, neither one of your Minds wants that to happen. It might look like it... many times..., but they don't want that to happen, because they'd lose their vehicle, when that happened.

(P) What about total self-defense for the Free? (G) Our total self-defense lies in the fact that: first, by looking at DENIAL, we can overcome emotional instability within ourselves. And, by pointing it out to those around us, THEY can overcome emotional instability within THEMSELVES. Once you rid that person of that emotional instability, there IS no violence there! Now, our defenses lie in the fact that we are able to perceive violence in another, perceive that that violence has been brought on by denial,... therefore, we can sidestep that violence, escape from that violence, not commit to that violence, or go around that violence... and point out, in so doing, that they're mad, & that they're trying to hurt us because they have been denied! Our defenses lie strictly in the fact that we KNOW & come to control our OWN expressions at our OWN volition. When needed, our survival drives will carry us through ANY situation that has been FORCED upon us. We WILL get hurt, IF we try to force ourselves on others. We are setting aside the Law of the Free when we, in turn, use domination upon another. Then, we have to take the CONSEQUENCES of that domination. So, in that sense, we CAN be destroyed.

(P) You said that man's survival react will pull him thru ANY situation that is forced upon him, but animals have survival reacts, and they are eaten! And, people die in disasters, etc. Explain... (G) Well, let's take one question at a time. "Any situation that is FORCED upon him", and the word FORCE is what you gotta look at, because... damnit, 9 out of 10 situations that have (seemingly) been forced upon you, YOU CHOOSE THEM! And, if you choose to kill yourself, you can be in a hell-of-a spot, because you've ALREADY DENIED YOUR SURVIVAL FIELD. How can you expect the survival field to survive you, when you've DENIED it??... by choice, because... you don't violate CHOICE here, in spite of what everybody & everything..., and what they've been crying for thousands of years. You do not violate choice, and get away with it!! (P) Well, like, for instance... in a disaster or something. Would your feel-field tell you about it ahead of time, but you just ignore it? (G) It does. When you get to ignoring your feel-field, you're heading for trouble! Now, you don't have to ACT to your feel-field EVERY time, but you sure as hell should ACKNOWLEDGE it & say, "OK, yeah, I feel that way. I'm gonna have to watch it!" Now, you can go on "doing your own thing" & everything, UNLESS it grows strong, I mean, "Woaa, wait a minute! I'll back off now." But, you've got to acknowledge it & you've got to acknowledge your feelings, and then... live with your feelings. But, you can't just go around kicking the hell out of your feelings... and everybody's feelings around you... and expect, in an emergency, to come up and say, "Hey, get me out of this!" No. You've already made your choice. You don't give a damn, so why should ANYTHING ELSE give a damn, at this point & time??? The question is ambivilant in that "it's FORCED upon him", because he or she has CHOSEN to have that happen to 'em and DOES NOT KNOW IT. So, they claim that somebody forced 'em to do it. "A car forced me off the road." "Why in the hell didn't you hit your brakes?!" Well... no, I'm serious! I've had all kinds of people say, "That damn car forced me off the road!" And I sez, "How come?" "Well, damnit, they come up along side of me, and cut in front of me, and pushed me over! I couldn't go anywhere else!" "Well, why in the hell didn't you hit your brakes to stop??" "Uh..." It never occurred to 'em to hit their brakes, 'cause all you gotta do is touch your brakes, and that car's long-gone ahead of you! But OH NO, they're gonna fight with that person! That person's now gonna force 'em over and, "Hey, get out of my road, you damn fool!" Hey,

wait a minute! Aren't they CHOOSING to fight with that person there? Aren't they choosing that action? Stop! Hell, I've avoided hundreds of wrecks by NOT challenging a person when they did something on the damn highway, or street, or something. Stop! Now I'll admit, there's things that happen so damn quick it's not even funny. But, the things that happen so damn quick that... so to speak... it's not even funny, you usually kinda' grin at towards,... and you don't get hurt. It's those things which you PROLONG where you get hurt, and you'll find out that YOU'RE CHOOSING IT. And again, you're getting into something that's real deep, but the point is..., you're going to have to look at what you're choosing (and) NOT what people are doing TO you, but what YOU'RE CHOOSING to LET people do to you. And, all kinds of things come in on this. If you will look at yourself as a TARGET, and people are throwing all kinds of things at you, and some you accept, and some you reject... every day of your life..., you'll start looking at that what's coming at you which is "good for you and you feel good about", and you'll start looking at that which you "feel bad about"! And, you'll start getting away from that stuff you feel bad about! Otherwise, it's gonna get thru to you, 'cause they keep throwing it, and you're still in the road..., you're gonna get it!! You stand out there in the street. Maybe a dozen cars will miss you, but sure as hell, one of 'em's NOT gonna see you! (he laughs) (P) Well, what about the animals? (G) Eating, and so on & so forth. Here again... see, you're jumping into something that..., if you can get the concept of this sort of thing... Animals have no pain. Therefore, if they're eaten or not eaten, it's just a changeover!! It's perfectly natural. All that goes on IN THE ANIMAL KINGDOM has been CREATED to go on in that way, and they find no exception to it..., REGARDLESS of what WE may think, or impose, or push onto 'em!! Food sources! I mean, every time you take a mouthful of food here, it was ONCE LIFE, or maybe it would still be alive. But, anybody that thinks that the Creator would place a PAIN situation here, or anything else into a situation like that, is calling the Creator a DEVIL to begin with, by any standards that we know!! (P) That's what I was talking to Al about, the other day... (G) Yeah! So,... we're too stupid to be in charge of these animals, and any Creator with any sense at all wouldn't put those animals in OUR charge! Big Brother said, "They're in your charge. Do what you want with 'em." They've been trying ever since, and they haven't done a hell-of-a-lot with 'em, to tell you the truth! (he laughs) And,... people die in disasters. How did they get in the disaster?? They CHOSE to be there. Somewhere in hell you'll find out that from the minute you were born... even along as a kid... you took certain steps & everything, to put you in certain ways, certain paths,... and you sure as hell did those on your own. Nobody picked up your feet & put 'em down. Your thoughts, and everything else, push you in different directions. They're ALL based on DECISIONS. You make thousands of decisions by 10 o'clock in the morning, if you get up at 8 (o'clock)! And, they're all YOUR decisions. Nobody forced 'em on you now. We're just so used to doing those things, that we think, "God damn! I HAVE TO do this!" Now, wait! You don't even have to get up!!

(P) If one feels powerless or unconsciously desires to be hurt (due to guilt, etc.), can this be telepathically picked up by others... say someone that "needs" a victim to "work over"..., and cause one to be attacked i.e. does the FEAR of rape ATTRACT rapists to women, etc.?? (G) Yes! Certainly! You're diverting your Kinetic Guard, again. You're destroying your own Kinetic Guard!

(P) I can see that my Choices create my experience, but... how can you know AHEAD OF TIME what the RESULT of your choices will be? Say you go out there & have a car accident. Well, your choices have led you to get in that car, drive it down the road, and have that accident. But... (G) From the first step of your life, it's led you in a path & led you into everything you're gonna receive. And, your only thing is how fast you react to that. As you become more knowledgeable, aware, and intelligent..., that will change the course of your path.

(note: When we get right down to basics, THERE IS NO SELF-DEFENSE! Why? Because your OWN Choices, Thoughts, & Actions have drawn you into situations where you "needed" to defend yourself. There is not a single "victim" that did not ATTRACT that aggression to THEMSELVES... in one form or another. Now... the Right of Self-Defense is a GIVEN right, and when you find yourself in situations that threaten your Survival, you have every right to defend yourself. But, YOU CANNOT PUT THE BLAME ON ANYONE BUT YOURSELF. )

(G) But, in reply to the question (see above): fortune telling has been laughed at for 11,000 years. This is what you're asking to be... a Fortune Teller. Now, you're gonna have to convince your C-mind that such a thing is possible, before it'll work. And, you try that! Your C-mind, your complex high-intelligence mind. You convince it that fortune telling works. You do that. You have to do that yourself, before you can do what you're asking. Now let me tell you, you've got one hell-of-a job on your hands! And, the reason WHY you have one hell-of-a job on your hands is because they've ALWAYS used it as part of their System (the Domination, that is). And fortune telling & telling what's gonna happen ahead of time,... they CAN do & have ALWAYS done. But, NOT the "common" people. Don't let the common people know that. When you fall upon this secret, you're no longer gonna be a common person! You're gonna be able to tell what the Stock Market's gonna do a week from now, what other businesses are gonna be doing a year from now, what people are going to be needing 10 years from now, and take steps accordingly. That's Fortune Telling. Any of these projections that the businesses build up & they say, "With the proper promotion & blah, blah, blah, this will happen.", is fortune telling. "The Stock Market is bound to go up, because...", this is fortune telling. Yet, when some so-called Mystic sets down, uses the same kind of brain action & intelligence action, looks at a person & says, "Watch driving tomorrow, because you're gonna be accident-prone & you could have a wreck.", arrest 'em and throw 'em in jail! Keep the great masses totally ignorant of the fact that Fortune Telling has been used for 11,000 years very successfully, by the successful people,... BECAUSE ALL PEOPLE CAN'T BE SUCCESSFUL, OR THERE WOULD BE NO SUCH WORD. If you want to know what's gonna happen the day after tomorrow, convince your C-mind that this is possible. I can't do that FOR you. (P) Is it your C-mind that does this, then? (G) Uh huh. Certainly! It's a great intelligence. (P) So, it just figures out some sort of mathematical projection or something? (G) You don't need to know HOW it does it. It does it! And, you have that capability. Your little animal could care less!

Now... B-mind is better than C-mind, when it comes back to the health & welfare of the animal. It can take the Nuclear Bomb & project this to Infinity, and KNOWS if it's gonna be beneficial to that animal or not! And I don't need to set here and tell you, if it WASN'T going to be beneficial to the animal, B-mind would've clobbered it out of existence a long time ago... because B-mind has that power. So, C-mind is just fooling itself when it says, "I can kill all these



little animals down there any time I want to!" That's what it said 11,000 years ago & that's what it's saying today,... and it's NEVER done it.

(P) But if your B-mind can do this, then why do you need to convince your C-mind? Would C-mind try to block it, or... (G) Well, what does your little animal want? You've named it right above, here : sex, eating, sleeping, and sharing affection. That's all it really wants! Your B-mind looks at what your C-mind comes up with, and it says, "This will elevate the Loves & Lives of the animal. And, that's what it's all about anyway... to bring it into its new paradise..., and we'll let C-mind go ahead, because it's gonna be beneficial. And if it DOESN'T become beneficial or starts going the other way, we'll blast it out of existance!"

So, B-mind is using C-mind. That's what's happened to C-mind and why it's "up a tree" yelling, "Hey! I'll kill every one of those little animals down there!" It's scaring the little animals to death! B-mind sets back and says, "Oh, come on! You old blowhard. You haven't done it before. What makes you think you can do it now??"

(P) How do I discover and carry out my mission in life? (G) Anybody can do that. That's walking with Pop, with the Father. One point that you've been missing. You're begging to live with him for all eternity, and he's told you that he needs not servants or he would create them. Bring him down, & set him on your knee. You can do that right here. Say, "Hey, Pop! Come on down. Let's have a talk." You want to do that for all eternity, so why don't you do that now? And if you're not able to do that now, when you get home, sit down QUIETLY. Think of the rapture of which you speak. Think of the love with which you speak... NOT the fear... & ask him, as a lover, to come down, set on your knee, & talk to you. And, he will. You do love him, and when that love becomes... in a moment like this... stronger than that fear, you'll have a wonderful FEELING. And just think how much more wonderful you're going to feel when you just wipe that fear out, accepting, then, what is called love..., that total feeling of rapture. And, talk to him. Ask him what he would like for you to do, and HOW he would like for you to do it. And, he's certainly gonna tell you that he doesn't want it out of fear, but that he wants it out of LOVE. The Creator is a FEELING. Someone that's not had the feeling of the Creator calls themselves an athiest. And, no more than they witness the feeling of the Creator, they are no longer an athiest.

## SELF-RESPONSIBILITY &amp; KARMA

(P) How can I attain Self-Responsibility to & for myself? (G) All you do to get that is to accept it! (P) Well... when I think about that, I think that if I was to go out and try to gather all the food I needed, build my car, and do all of this other stuff, I wouldn't have any time left to do anything! I don't feel that I can produce everything that I need MYSELF, to be totally self-responsible. (G) There's no way you can do it! There's never been a time on the face of this Earth when ANY one single individual could do that. They weren't BUILT that way. This is an inter-dependent material society, and it's so built... it's so CREATED. Anybody that thinks they can exist here ALONE and be normal, no! (P) But that would mean that you have to depend upon OTHERS, though... wouldn't it? (G) Well, certainly! And, what's the matter with that? (P) Well, how can you be totally self-responsible, if you're depending upon others? (G) Well, self-responsibility concerns your making of a decision... that's all. How long does it take for you to make a decision? You should be able to make 100 decisions an hour & think nothing about it! (P) But the responsibility part, is that just taking the consequences, then, of those decisions? (G) Well... when you make those decisions, you act upon them..., or there's no decision been made. And when you act upon them, you're gonna get the results of those decisions. And if you don't like the results, then you'll stop making decisions & you'll stop taking responsibilities. You either do it because you've made a decision TO do it, or you've made a decision that you'd BETTER do it or you're gonna get your brains beat out! That's all. You don't have to go into any detail. We make many a decision just to keep our brains from being beaten out. And sometimes, we make that decision & get 'em beat out anyways!

(P) Well... with Karma don't we have to take responsibility for our actions? (G) Karma is a very intrinsic thing, and to explain the finer networks of Karma?!?! There's only one thing anybody REALLY needs to know about Karma: to be true Karma, you've had to know better & have deliberately committed an act against another KNOWINGLY... and that's it! It's gotta be a deliberate act. Now, there's a lot of things built into this System that produce all kinds of Karma... which is a "system" Karma. And, everybody is confused about this..., but that's the System that's built here, because you PROGRESS by that kind of "Karma"... which isn't Karma. It's the results of your ACTS. But... when I'm talking about TRUE Karma, I'm talking about a situation where you've deliberately transgressed KNOWINGLY. You knew. You went against your OWN knowledge, and you did it deliberately... in full knowledge. And, you did it anyhow... regardless of the EXCUSES or whatever else you gave yourself..., you did it anyhow.

Now... there is no Karma UNTIL the ACT has been committed. There is no action committed until the act is done. Now... how many millions of men, women, & children have been killed (by others) over the ages? Billions. How many were guilty of killing, within this, that must now in turn be killed under these same circumstances? How much wipe out is necessary to correct all of these errors, over this long span of time, to bring Karma to an end? Now... a person once told me, using a computer... and this has been about 4 years ago (1970 approx.)..., that according to as close as he could figure out, there weren't enough people on this planet to wipe out all of the Karma that wars have brought forth since known history! So... he was kind of puzzled about how

Karma was going to correct itself, since the computer said that these 6 and 1/2 Billion people got slaughtered & so on over all of these years... 'cause there are only 4 Billion people here, you know!!

Now... all Karma really is is that you come to KNOW what you have done, and feel within yourself that you would NOT do it again. That that was not right TO YOURSELF, not for anyone else. Now... I've seen three people, in my lifetime, offset their Karma that way & become "re-born"... one of the people completed this in the matter of an hour or two. One of them was considered to be insane, because of this. But, when it hit them! Now... there's a funny thing (that) happens on this, and in one way it's rough to see, and in one way it's beautiful to see. Now, instead of them receiving this physically, they received that blow EMOTIONALLY... just as that person has that they've done this to. Now... let's say that they've hung a person up by their thumbs, drove nails through their hands, hung 'em up, skinned that person alive, and then poured salt & pepper in that skin. And then, they disemboweled that person... while they were still alive & conscious..., and put salt into there to kill 'em. Now, this has been done many times here. Alright now..., you're the person doing this. When you realize... regardless of your orders or anything else... just exactly what you've perpetrated, you will receive the same emotional shock as that person did that you did this to!! And, you WON'T have to get the PHYSICAL damage. And, in that second, you are cleared of this Karma.

Now... I've given you a very rough picture, but this can pertain to minor Karma in this lifetime, when it suddenly hits you. So, it is an act of KNOWING that is achieved by Karma. And, this "act of knowing" need NOT be by having the exact same thing PHYSICALLY happen to you.

## BEING YOURSELF &amp; MAINTAINING A PLEASURE DWELL

The Father doesn't ask for praise, he says, "Live with me." That's all he asks. That's all the Father is! "Live with me. Be OF me." That's all! These emotions you have, (and) everything you have are OF him! And, it's not a "him". It's as much a "her" as it is a "him". Live with him. BE YOURSELF. Let everybody else be themselves as they are MADE to be themselves. Don't try to change them. Don't try to twist them. Don't deny them a right that you enjoy. That's all the "I Am" is, because you are him & he is you! And, you can't get people to accept a simple fact like this,... because no more'n you step out that door, you run into all the Dominators who start clobbering you from every different direction! They say, "That can't be! You're an egomaniac! You're a mad person. You're mentally deranged. You're evil." That's what you get! But, if you get nothing else out of what I have said here, remember one thing. Keep in your own head the thought to BE YOURSELF. Protect yourself. You have the TOTAL right of protection. But, BE yourself to nothing else but TO yourself. You may not be able or be in a position to BE yourself to those around you, because they are not capable,... but, KNOW it. And, BE YOURSELF TO YOURSELF. Say, "OK. I'm a liar, I'm a hypocrite, and I'm deceiving. But, I KNOW this, and I know it because there is no way else I can be, at the moment. But, the minute that I CAN be that which is ME, I will be,... because I KNOW MYSELF. And, therefore, I can EXPRESS myself." But, don't go around getting your head cut off simply because you're bound & determined that you're gonna be YOU in this System. It cannot be changed that quick! You're bucking 4 Billion other human beings INSTANTLY!

You are a product of thought, you have a Life Value while you are here, & you are seeking to be Free. That's what it's all about. And, that "Free" thing is something that is only vague, very vague, within your brain. And, it doesn't seem possible that it can happen. Well, let me tell you this, "I've lived Free all my life..., within myself & with many people I've associated with. I've lived Free. It CAN be done." It's difficult, and you have to be deceptive. There's a lot of things you've got to do, here, but... since there's no GUILT associated with BEING YOURSELF, YOU HAVE NO REGRETS!!!! I can set here & say that I've lived a life, and I don't regret ANYTHING that I've done during this life. And I've done, according to human standards, some pretty horrible things! Now, I'm NOT talking about breaking laws or anything, I'm talking about all of the things that go into a lifetime.

It has been my choice. And, there's a guage I use... If I'm going to do something & there's something ATTACHED to what I'm going to do, I say, "Well, if I do it, I will gain this. If I get caught, I will pay this." So, it's as simple as buying an ice-cream cone. I can do without the dime & have the ice-cream cone, or I can get the ice-cream cone & MAYBE I won't have to pay the dime. I'm willing to pay the dime, but the FUN is trying to get the ice-cream cone WITHOUT paying the dime. I'm willing to pay the PRICE, for the choice I make... within this System..., but I do it cold-bloodedly. I don't do it wishfully. I say, "OK, I'll pay!" So, I do not regret. Do I get by with a lot of things? Oh, yeah! Do I pay for a lot of things? Yeah!

So... literally, what I am saying is... the second anything is borned upon this planet, it is guaranteed the sustenance of life..., UNLESS this is taken away by other means or by other lies. And to this conflict came Value (the Value of the Domination System we now live under). And, what is it based upon? It's

NOT based upon Life. It's based upon the PRODUCTION of life, and that is the Value I've found all around this world. NOT Life, NOT the Father, NOT the Self... which IS the Father..., but that little PRODUCTION UNIT. More, more, more, more, more, ... to whom and to what??? People are infants in (comprehending) what is practiced, by day & by night, around this planet, ... and how the emotions are used to keep people in turmoil, and how the value of production is used instead of the value of LIFE. Unless you PRODUCE, you're NOTHING. (note: When a person believes that they are "worthless", it usually means that they cannot be USED by OTHERS. So, they are Worth Less to those around them.) You're here from the cradle to the grave, ... and what does Man produce? He doesn't produce ANYTHING! He takes that which is produced by NATURE, and COMBINES it to bring forth something for his convenience. But, he doesn't produce the BASE FACTORS. They're already here. So again, everything (in this System) is a control.

Our egg-knowledge has been busted wide open, and because your egg-knowledge has been busted wide open, you've been granted the privilege of being OF the "I Am". That is what you are seeking, and that is what you are searching for. That is the inward drive of every human here: to find the Eternal Intelligence. The total composite of what ALL is. And, that is not that hard. But, you'll never find it (by) binding others. You'll find it by setting others FREE. Free of yourself, free of your Domination, free of your rule. By giving them the full right of Life Value. I don't care if it's a negro down in the darkest hole in Africa wallowing in a mud puddle & eating leaves that are rotten. That life is just as valuable to that colored person in Africa as my life is to me. That is a basic value we ALL have, and that is the Value which is going to come back to this planet. If it does NOT come back to this planet, you will wait another 3,240 years and HOPE you can start crawling & clawing your way back. It's just as simple as that, because you are now setting in the Day of Decision. Either you're going to grant EVERYBODY their Life Value, which is their LIFE & their right to live it, or you're gonna blow everybody to smithereens. And then, the Earth is going to flip & you're going to set and watch it flip, without being able to do one thing about it, ... BECAUSE YOU'VE CUT YOUR OWN THROAT WITH YOUR OWN DULL KNIFE.

Now, people are taken in by the Good & Evil syndrome. Why should there be Good, and why should there be Evil?? If you are YOU and you are expressing your SELF and you are with the Father, there IS no Good & Evil!! There is none! You didn't say none, there CAN be none! THOUGHT is what makes the Evil. And if you don't think so, then go out & take a look at any mental hospital at those bereft of thought, and take a look at what they are. They don't KNOW they ARE! Take a look at what you're involved in, here, and take a look at your values! You only have ONE THING, while you're here, and that's LIFE. You didn't BUY it, (and) nobody GAVE it to you. You HAVE it. And, THAT'S your Value. And, you can throw this value away by setting back, sleeping, etc. You can become a Mystic & you can set and get all your pleasure-sensations going to the different parts of your body & set there and have Nirvana. You can do all of these things, but you're throwing the ONE Value you have away!! Don't! Every time you sleep 24 hours a day, that's a day you'll never have again as a human being! It's very simple. A certain amount of it you're FORCED to do. I do not DENY the System. I say, "Admit the System's here." I can LIVE with the System, by admitting it's here. If you DON'T admit it's here & you live with the System, (then) you're in a mess! You have NOTHING to fall back on. Now, values ARE going to change, (but you must live WITH the System until they DO change).

The throwing away of the ONE Value you have is totally camouflaged in your USING that Value thru every second of every minute of every hour of the day. At least take a look at what you're throwing away! And, what can you constructively do with it, that thing you are searching for? Set YOURSELF free. The instant you set yourself free..., this is the granting of Choice to everyone around you. THEIR right of Choice, NOT yours, you FREE everyone around you. And, if you think this is something easy to do, start trying..., and see how QUICK you start trying to TELL somebody something to do! But, you will KNOW it, now. Before, you did NOT. You will, from this time on, KNOW every time you abridge another person's Freedom of Choice. Don't feel GUILTY about it. You will KNOW it. You don't HAVE to feel guilty. You will KNOW when you deny the other the right of their choice.

And, Evil is that which is necessary to control you at the time & place you're in by the Government & those around you who are making use of the One Value you have..., your LIFE... by putting it into a production whereby THEY can GAIN, period, and have to do NOTHING THEMSELVES. Look around. You don't have to take my word for anything that I've said. It's all within each one of you yourself. And,... what I'm saying is NOT going to be easy to follow. It's going to get WORSE instead of better.

Now, the only way that you can avoid this System & get along with this System is to KNOW it, and then you can SEE it happen. Now, if you allow yourself to get mad or infuriated over this situation, then you're NOT doing yourself much good..., because then you become a recluse, or you get up on a mountain top somewhere into a bunch of stones so they can't get to you, and you set up there quivering. No! Don't get mad or infuriated about it, say, "There it is! At least I KNOW it, now." And if it hurts you, well... you KNOW how you got hurt. Just KNOW that you are in a System which has been designed to DEVOUR ITSELF..., over & over & over again. That's the System you are in. That is the System that is going to be broken out of, before the year 2,005, OR you're ALL going to start from scratch again! And that's not a threat, and that's not a promise..., it just happens to be a clear, cold, mathematical equation. It has nothing to do with emotion whatsoever.

(F) Why can't I enjoy life anymore? (G) There are many reasons, but one of the most common reasons is that most persons constantly think of TOMORROW and fail to live in the PRESENT (this is the old "carrot on the stick" ploy... work NOW, & MAYBE we'll pay you & let you have fun LATER). It is fine to make plans, but you should not let them interfere with the fun you could be having NOW. Most persons don't even realize that they have achieved their goals, anyway! By the time that they manage to achieve their goal, their WANTS have changed..., and they are already after a new goal! Each person is different, in their Likes & Dislikes, so I cannot tell you what you SHOULD like. Today, however, we are programmed into believing that many pleasures are EVIL... so the choice of ones pleasures becomes greatly narrowed down, for most persons. The zinging, glowing, no-hostility dwell that animals run around in is simple to use..., however, most persons insist upon placing a great expense upon the few pleasures they have left. We only have our SELVES in this world of ours, and the more we relate with others in a PLEASURABLE way, the happier we will be.

(F) Well, don't we need money, to have fun & find pleasure in life?

(G) There are at least 255 amusements that are free of any cost whatsoever... yet today, people are turning themselves into slaves, in order to gain MONEY so that they can PAY for their amusements. In this ENDLESS "I gotta have more" quest, persons throw away their pleasures. They trade Pleasure for Gain. They already

have the potential for FREE pleasures built into them, but they are brainwashed into BUYING their pleasures. They can only gain a limited number of pleasures with money, so they tend to ignore the many Free pleasures (if it's Free, it must not be WORTH anything... they reason). This situation often becomes so pathetic that they must depend on ANOTHER PERSON to turn them on..., instead of turning THEMSELVES on. The only thing the human has here is their body. They cannot really HAVE (which implies ownership) someone else. They can only SHARE. Your pleasures are your OWN. When you can SHARE your pleasure with another person who has the SAME pleasure, then you have a relationship... in that particular area. Even when things get bad physically, there is no way that the pleasure of good thoughts can be harmed. Most persons are only about 40% real, with the other 60% being taken up by Facades. Most persons run around, in life, trying to get away from themselves! Sex is probably the greatest pleasure of all, yet it is constantly being repressed & used for Gain and Manipulation. Over 2/3rds of the unhappiness most persons experience in sex is due to the hypnotic indoctrination that most unhappy people embrace.

We are now going to explore a pleasure dwell. Why this should be such a hard state of being to achieve is very puzzling. A pleasure dwell is merely a situation of doing what one LIKES to do. Should this be physical activity, then it pertains to work, and play, and eating, and all that which goes on throughout the waking hours. If what you are doing lasts two minutes, two hours, or twenty hours is the length of the pleasure dwell... while you are doing what you LIKE to do. A pleasure dwell is simply feeling good while you are doing something while you are awake. That "something" can be day-dreaming, it can be fantasy filling, it can be many, many, many objects, things, or merely the vibrations of one's own emotions. The pleasure dwell is simply that of feeling right with the world. Feeling well within yourself REGARDLESS OF WHAT IS GOING ON BEYOND YOURSELF. With a little thought, with a little control, with a little self-analysis, you can find that which you can dwell upon in your every-day waking moments. Enjoy what you dwell upon, even while performing an erroneous or horrendous task! You become disembodied to the task you are performing.

Now, in all of the times when I have been called upon to explain this and to answer questions, people say, "How do I get into it? You can do it. Why can't we do it? Why can't everybody do it?", then we come back to the very simple, realistic fact: if your pleasure dwell insists upon the pleasure being found in somebody sharing your pleasure dwell, then YOUR PLEASURE DWELL IS DEPENDANT UPON SOMETHING ELSE OR SOMEONE ELSE BESIDES YOURSELF. And, that opens up a whole big can of worms! Your pleasure dwell is one which YOU maintain, which is YOURS, which you can SHARE... either completely or partially with another..., BUT it cannot be one that DEMANDS sharing, because the demand then RUINS your pleasure dwell! When two people relate to one another very strongly in their Wants & Desires, they have almost automatically achieved a pleasure dwell between them. Their Wants & Desires can be expressions of affection, hostility, it can be fighting all the time or loving all the time. It can be expressed in many, many ways..., as long as their Desires & Wants are more or less parallel, within their association.

When you are in a pleasure dwell & are attacked...with knowing or unknowing intent... by that which is OUTSIDE of that pleasure dwell, you must be able to raise the barrier, look at it FOR WHAT IT IS, and smile..., because it is NOT YOU. If you are deliberately shooting yourself down to obtain Money, to obtain Power, to obtain should I say "Ultimate Gain Values within the world of the public", then you are NOT in a pleasure dwell(&) you do NOT wish a pleasure dwell. You wish, then, an EXCITEMENT dwell.

An excitement dwell. That excitement dwell will tear you up! It will take you to the point where YOU WILL NO LONGER KNOW WHAT A PLEASURE DWELL IS! And as far as getting back any pleasure, it is a super-human impossibility, to most people. THEY NO LONGER RECOGNIZE IT, NOR KNOW WHAT IT IS! They can no longer set with themselves & enjoy themselves & let themselves emotionally emote, because this is NOT GAINFUL. That does NOT make them Money. That does not do this. That does not do that. And, it is a total waste of time.

A pleasure dwell, I repeat, is doing that which YOU like to do, which you enjoy doing. You find those things you enjoy doing, and let YOURSELF be the judge. You are either happy doing it, or you are NOT happy. In this messed-up world, it is hard to find enough of what you like to do, in a 24 hour period, to keep yourself in a pleasure dwell for 24 hours. YOU WILL HAVE TO & MUST BREAK OUT OF IT, IN ORDER TO SURVIVE. But, at least, know it can be shared. A pleasure dwell is NOT a hard state of being to achieve. IT IS THE EASIEST STATE OF BEING THAT EXISTS! Because it is basically YOU, it is basically THERE. And, when you go DELIBERATELY AGAINST that which you like & against that which you want & against that which brings you happiness for ANY excuse, for ANY rationale, YOU ARE DELIBERATELY DESTROYING YOUR PLEASURE DWELL!

But, your pleasure dwell is with you now. It will be with you all the time. You only need to draw on it! You draw on it by doing that which you like to do as much as you can possibly do it. And, you do it openly & freely, and you warn each & every person that wrecks or attempts to wreck your pleasure dwell, "Hey, you are ruining my pleasure dwell! If you want to talk like this, go see somebody else & leave me alone!" A pleasure dwell is that which you LIKE to do, and enjoy doing. Please try to extend it over the whole 16 hours that you are awake, in your acts & in your expressions. And, do not be hostile to the people who knowingly or unknowingly come in to wreck your pleasure dwell. Smile and say, "Hey! You are making me unhappy! Would you please knock it off, or would you please get the hostility out of your voice, or would you just please leave me alone until you feel better?!?" Now, that isn't hard to do. Try it. Do not be afraid to try it. See what happens.

(P) You have stated that, "If your pleasure dwell insists upon the pleasure being found in somebody sharing your pleasure dwell, then your pleasure dwell is dependant upon something else or someone else BESIDES YOURSELF, and that opens up a whole big can of worms." (G) You're damn right it does, because you just got your C-mind into that question, again!! A pleasure dwell needs NOBODY to participate in it. It just doubles itself on itself when it DOES find somebody else participating in it. But, it needs absolutely no one... to be in a pleasure dwell. (P) Well, you've also stated that, "In the sexual pattern & the emotional pattern here, you certainly cannot be self-sufficient. You are NOT whole in the emotional field. Therefore, you cannot be self-sufficient, because only HALF of you is there. And without that other half, you're just existing, NOT living." (G) Well, even when the other-half is there you can't keep a pleasure dwell going on forever. There's no way you can. There's no way I can. But in all this that's been happening to me, my only safeguard is to go into a pleasure dwell. (P) You've got all your own pleasures, and then all you do is to share the ones that match between you and another person... (G) If they happen to be present & are willing, sure. But, that's a COMPOUNDED experience then. But, a pleasure dwell is a pleasure dwell..., and you don't need ANYBODY to be in it with you.



(P) I just thought that: since your life is made up of Relationships... that supposedly make your life rich & all of this..., then it seems like you NEED the other people! (G) No, there's no "need" for it. It's delightful as hell when you find it, but you don't need it. But... your MIND says, "Oh no! You gotta go out and get somebody else & grab 'em & make 'em enjoy what you enjoy!" It just COMPOUNDS itself, when the other person's in a pleasure dwell like yours & you put your two pleasure dwells together. Now... "Wow!" (P) So it just compounds it, but you don't really need it? (G) That's right. It squares your pleasure, when you can share it. But then, what happens is that you run into your DENIAL... but that isn't your question. No... a pleasure dwell is yours and YOURS ALONE, and you can only SHARE it. You cannot GIVE it to anyone else, nor can you TAKE theirs. It's yours & yours alone, and you can go into it at any time... when you know what it's all about... that you desire! You can be in deep pain, you can be in depressions, you can be in any kind of human situation,... and you can just "switch off" & go into a pleasure dwell, and that is all gone!! You don't need Drugs or anything else. You lay in a suspended pleasure-glow, and that's it! Now, I'll admit that it's hard to maintain and all of that. But, you CAN do it.

And, that's why it's so beautiful... usually... at night. During the day, there's just so many interruptions... in a hospital or anywhere else. And if you CAN'T stay in one, you start to getting nervous, tense, stressed, and everything else starts building up in you. But then (at night), things quiet down. Everybody thinks they're supposed to sleep at night. I don't know who in the hell got this idea going, in this world, except C-mind... that you're supposed to work during the day & sleep at night. That was just a matter of convenience for people who couldn't see at night, that's all! But, there's nowhere in Nature & nowhere in ANY works that you've found out that the human being... specifically... is a "day" creature. They'd have a hell-of-a-time proving any such writing as that! Hey! Some of the most brilliant works of man have been performed at night,... to those who dared.

(P) You have stated that we do not need anybody else for sex, yet don't we need somebody else for SENSUALITY (you state in Comp.II that, "B-mind knows that sensuality has only ONE expression: affection to affection)???

(G) It also states that Sex is NOT Sensuality. Sex is the chopping up of one's affection (excitement). Affection to affection is highly satisfactory, but it does NOT satisfy C-mind. C-mind wants excitement, not affection. So, it chops the affection up... and that brings forth Sex. Now... there's nothing the matter with this, except you should know what you're doing. Sensuality is a Delta-wave flow, and Sexuality is a Beta/Pheta Excitement flow. One is soft and caressing, and the other one is tangible, jumpy, and splashy. So... as far as that question is concerned, you DO need somebody else,... or some other living creature... to match affection to affection. But, for the acts of sexuality, you gotta have the C-mind Complex at work there.

## DENIAL: THE TRUE CAUSE OF NEEDS &amp; HOSTILITY

(G) There are no needs, folks. There's only denials. Denials of life. Denials of pleasure. I said "Pleasure"... because you show me any animal that deliberately seeks NON-pleasure, and I'll eat him alive! And, you're an animal. And, I'm an animal. And, I'll remain an animal until I die. I have components (Minds) that are not animal, and you have components that are not animal. That is true. BUT, they're CARRIED IN AN ANIMAL BODY,... and don't you ever forget it! And, that animal body is an Emotional Field. And, that is your Soul, folks. That is what you get when you are born, and that's your emotional field. And, you will live out that emotional field. And, when that emotional field goes dead, you're dead... if it takes one year, if it takes one minute, or if it takes 100 years. You will live out that emotional field. Now..., you will either live it out HAPPILY & fulfill its promises, or you'll live it out MISERABLE. And, you will die miserable & screaming, with all kinds of C-minded doctors & nurses running around patching you up to machines and everything else to keep you going... until the blood vessels themselves rot & the blood spurts out, even though it (the machine) shows that your body is still alive.

Once you take these courses (the Comps.), you will KNOW what you're doing. That doesn't mean that you can go out there and create a miracle, because 90% OF WHAT YOU ARE YOU'VE KILLED ALREADY!! And, you've gotta RE-AWAKEN that. What happened to that glow you had when you first met that person? In three weeks, it's gone. Puppy love? What happened to it? You've got many names for this sort of stuff, but you shut it off, or they shut it off, or you destroyed it, or they destroyed it, and nobody KNEW that they were doing it!

But, you'd better start taking a good look at what you're doing to your emotions... a very, very good look. And then, ask yourself, "Why? What am I afraid of? Just what in hell am I afraid of?" And I'll guarantee you..., you start looking at your emotions & what you're doing to 'em & what you're denying them, and ask yourself what you're afraid of, you're going to get some answers. And, they might just upset you no end, because most of you don't think you're afraid. You think that's the OTHER guy that's afraid, and after all, you're not SUPPOSED to be afraid. You were taught NOT to be afraid, and you're supposed to be big & brave & take this world on & not let anyone stop you. So, you can't admit to being afraid. No man can admit he's afraid. That's a damn lie! Now... look at your fears, and you'll find out why you are denying your emotions. Look at your C-mind... your GAIN mind that says that you've gotta gain something from every blasted thing you do..., and ask it, "Why? Isn't having a pleasurable feeling reward enough?" And, do you know what that Mind's gonna scream back at you? "Hell no!"

I'd like for you to do a little thing, sometime within the next week. I want each of you to take a blank sheet of paper, all by yourself, and I want you to write down your pleasures that you have right now. And when you're shocked & horrified & have some time to think, I want you to take the same sheet of paper & write down the pleasures you USED to have. After you do that, I want you to spend about a week asking yourself where-in-the-hell they went to! Because, if you HAD 'em, they're still there. What did you do to 'em, or what did somebody ELSE do to 'em that you thought they did? But anyways, "Where did my pleasures go? Where did my affection go?" And, don't pass it on to somebody else. Don't pass the buck. YOU DID IT TO YOURSELF. And, that's hard to accept!

Now, everything is here for everything that is here. Our universe is so mathematically constructed that if it went one second out of kilter each hundred years, this universe would've blown up a billion years ago! And, we are on this planet with our SELVES impaired. And, in answer to the basic question, "How do you get yourself back to being perfect?" It's by recognizing what you've been denied & how you have been denied. Once'st you recognize the denial, and you'll have to WITNESS this, the Need goes away! I need something. Hey, why do I need it?!? Who's taken it away from me? How come it's not here? The Creator placed me here. Pop brought this ALL here. How come the denial exists, and when did denial start? The denial started in the fabulous Garden of Eden, according to Westernist culture. They denied knowledge, THEN there was a need for knowledge! That's your first denial. So, if you'll look at what you're denied and ask yourself, "How come?", and all at once you'll say, "Well, I'll be doggoned!" And then, you can SMILE about it!

Now... there are a few guiding factors in every life. The basic enlightenment that you seek, so that all of the rest falls into line, is the great act of DENIAL. All that is here, in this System, has been created by using Denial as a motivating force! Once'st you can look at the Denial picture clearly, then you realize that when others deny you they are stealing nothing FROM you, only from THEMSELVES! You still have whatever it is that you sought to use. You've been Denied this use by others, and if it's been denied by others, then THEY are not using it! They are the ones to be pitied, if pity you want to extend, because they're denying themselves the emotions you are using! It may not remain with them. Those same emotions may have already been killed, in this lifetime, for them ... through their denial methods. And, they do not KNOW this.

Once'st you RECOGNIZE & look about you & see the total Denial that exists here to your emotional field, it will start to dawn on you that they're trying, by denial, to KILL YOUR EMOTIONAL FIELD. And, this is what you seek NOT to have happen. Your emotions get battered & bruised & stepped upon BY THEIR DENIALS..., and in time, you stop emoting upon yourself & for yourself, ... and that emotion then goes DEAD. Once'st the emotions are all used up, you will die physically. You will have fulfilled your emotional-field demand upon birth. And, it's brought about by DENIAL. Look at all of the Denial of your emotions that is fostered upon you 24 hours a day. Once'st you look at this denial clearly, and look at the people around you who are denying themselves in order to deny YOU, you will achieve a peace of mind that will let your emotions not suffer very much at all... because it is THEY who are losing, NOT YOU. I don't know any other way to put that. This is one of the HARDEST facts about the mechanics of the human to really understand, and... it must be SELF-understood. You must be able to look at these denials and say, "Hey, wait a minute! I asked that person to share an emotion with me, and they did not do it. Either they do not HAVE that emotion, they're too AFRAID of that emotion, or they wish to be RID of that emotion." And once'st you get that picture clear... and this is in a job, this is in companionship, this is in food, this is in every facet of your everyday life..., then the sting goes out. Every time you are denied, you feel instead, "My god! Don't they KNOW any better?"

Now, it is not a total answer. And, once people come to KNOW that they are denying THEMSELVES and NOT the other person, they start changing rapidly; even if they do not know one thing about the Comps. or one thing about anything, they can be Religiousness, they can be Seth, they can be Scientologist, they can be Roscrician, they can be any one of ANY walks of life, an athiest, an agnostic... no more than they come to realize that their denial is a denial of

THEMSELVES, they start changing. You can see it. You can witness it, if you're around them very long. And, it's not hard to put this into action, because when you offer to share, and it's denied, and you look at that person & say, "Why are you denying this emotional outlet?" They will look at you kind of awed and say, "I'm not denying anything! I just don't wanna do it. It's against the law. I'll get in trouble, I'll..." And you'll say, "Why are you denying this? You've given me three of four UNSOUND reasons. Now please... do you really WANT to, or don't you want to? Do you really LIKE to, or don't you like to? Now..., if you DON'T LIKE to do this, fine. Then we understand each other. But if you LIKE to do it & you're DENYING it because of the Society, because of other factors,... then you are denying yourself. And in denying yourself, YOU'RE GOING TO BE DENIED. And about that time, they... I guess I should say... start respecting you, although they don't really know anything about you. And, they'll start thinking about that. And the first time they run into somebody denying THEM something... they may have it crooked & they may have it messed up..., but they'll come off with practically the same thing and say, "Hey, why are you denying me this?", and it spreads.

A denial is the cruelist, most punishable act of any one human towards another human. Eons of time ago, it was found that by controlling & denying food, you could get anybody to do your bidding... regardless what that bidding may be. Then, deny the fulfillment of progeny. Put all kinds of guidelines to it. Create all the possible needs you can create, so that you can get everybody to do what you want them to do... in order to fulfill this need which YOU have created for them. And you are a God, and they are your slave. And they will answer to your demands because of your DENIALS, NOT because of your fulfillments. Look at the needs around you. Look at how they have been twisted and torn, & you go back to the basic need. The need to survive. The need to be healthy. The need to have food. The need to have happy relationships. The need to want a better future. The need to be yourself. The need to live & express your OWN life freely. And, all of these needs have been created by the Denial of those very factors which will LET you be yourself!

Now Pop... you know, the Creator..., he's a pretty good guy. He doesn't give us handicaps. He gives us every RIGHT of expression, every RIGHT of association, he gives us every DEGREE of PLEASURE possible. And then Big Brother, wishing to achieve HIS end in a total technical sense to bring back 1st instance energy change under control, sets up DENIALS to all of this to get us to lash out & drive forward to overcome his denial of our emotional field, in order to gain his mechanical or technical field. Nice big ball game he plays! For C-mind to reach its goal of regaining its lost powers of Mind-over-matter, it must increase the brain wattage of the general populace through COMPREHENSION. However, most persons do not WANT to change or to jeopardize their present security base. This tends to keep them from making decisions that could bring on changes in their lives. In the face of such resistance to change, the Domination found that: only by DENYING the human of PLEASURE, and promising its return IF the person upgraded themselves, could they ensure PROGRESS. Unhappy persons... denied of their pleasures... will do almost ANYTHING to get them back. The so-called Progress (the civilization of Mind Complex) pulls the simple-living, primitive, static people up into a complex world of many pressures & problems... which, in turn, upgrades their thinking capacities & mental capabilities. The act of DENIAL put this System into effect, over 11,000 years ago, that we're still under today.

So again, in looking at what you have been taught and what you have learned, you're going to realize that you have been taught that you have "needed" something, but you have never been told that the reason WHY you need something is because that need cannot be fulfilled BECAUSE OF ANOTHER PERSON'S DENIAL. And, they will say that God denies it. They will say that religion denies it. They will say that law denies it. They will give you all sorts of rationales. They will say that it must be denied to you because it is not GOOD for you. It is not good for Society. And when you look through all of the flim-flam, when you look at all of the hype, then & ONLY then does it suddenly occur to you that YOU HAVE BEEN HAD, and are being had every day of your lives! And it will go on that way, UNTIL you start looking at the denials in your life. And when you see the denials, the needs go away..., because, you see, there is no need when the denial is understood. And, that is a truth. The need feeling will reverse itself, and then that which has denied you will become the object of your need to rid that denial from the face of the Earth. ONCE THAT DENIAL IS GONE, THERE IS NO MORE NEED. (note: for details on a plan that can effectively eliminate 70% of the denial on this planet, see the section on "Guaranteed Life Support") I find it confusing that no one has been able to realize that there is no need UNLESS there is a DENIAL of AN EMOTIONAL EXPRESSION. When that emotional expression... which is with us constantly in all of its facets... is denied all of its expressions, THEN IT NEEDS TO DENY OTHERS THAT EXPRESSION, OR IT NEEDS TO FIGHT... ONE WAY OR THE OTHER... TO OVERCOME THE DENIAL IT HAS RECEIVED.

And if you will think for just a few minutes, you will come into a very clear picture of why you are setting here, more or less unhappy. If you will look at what has been denied you day by day, and sometimes minute by minute, you will for the first time understand the Base Cause of your Unhappiness. The Base Reason why you cannot maintain a pleasure dwell. It will be startling, and it will be shocking, and you will not like what you see & what you feel. The denials prevalent all around you will hit you square between the eyes. But once that initial shock is surmounted, once you realize that YOU are NOT the one responsible for this denial, and that you... therefore... have been placed cruelly in a place of Need because of this denial,... then the STING of the denial goes away. But, what will remain is the untold denials that YOU have PERPETUATED throughout your lifetime ..., which you are STILL perpetuating right now. Stop going around & saying, "You need this, and you need that, and I need this, and I need that.", and say, "Hey! Who is denying me this, and what am I denying to others?"

And, you can forget the term "our own space" & "their own space", and you can forget all of the malarkey you have heard about being yourself. Because... you never were JUST yourself, you never can be JUST yourself, but then you never will be JUST yourself,... because you are part of a Pool of Interacting Emotions, and you can either express these emotions, or you can deny these emotions, or have them denied FOR you. And, you will find & feel... if you are sincere in wanting a better world... that YOU are one of the GREATER of the Deniers! You are one that does more denying & creating more needs than those needs that have been created FOR you.

Now, you're going to have to go on... KNOWINGLY... making denials to yourself & the people around you, or you won't exist. But at least KNOW what you're doing, and then you can ease up on it! And when you have to deny a person, just say, "Hey, wait a minute! That's just the way it is!" You don't have to come out and say, "No! You're not gonna get it, god damnit!" Just say, "Now, wait a minute! If I don't deny you this, I'm gonna be denied back!"

Now, you have many, many, many people you can really mutually enjoy. They can be stopped, by denial, and no longer mutually enjoy your enjoyments. But, it is there, and it CAN be found. You can find 'em all over the place, because all you have to do is learn to recognize the dwell, let your feelings manifest themselves in relationship to those people that are around you, and you will find simpatico feelings in a lot of people... both men & women..., because they're all existing under an emotional field that's practically the same. The only difference in their emotional field & your emotional field ... and I'm NOT talking about counterparts, I'm talking about Humanity now... is the amount of Denial they've suffered since they've been born! This amount of denial, taken away, brings THEIR emotional field into line with YOUR emotional field! So, what we're matching up is DENIALS, not FULFILLMENTS! And once 'st you look at the DENIALS, and then you'll seek Fulfillment rather than Denial...

And yes... is this a great defense against violence & hostility? Oh yes! You remove a denial, and there's no NEED for violence or hostility. None whatsoever. You're not denying the person anything, (so) what the hell they wanna hit you for, or kick you for, or shoot you for? But you cannot turn the other cheek, in the sense that it is understood today, you've got to say, "Hey, wait a minute! Simply because YOU'VE been denied, don't deny me! I'm not trying to deny you. You're denying me, therefore... you're doing it to yourself!" We come back to the Denial, in your counterparts & the people that are around you. The amount of denial to their emotional field makes them exactly what they are.

We do NOT match our BELIEFS in our relationships. What we're doing is matching our DENIALS in our relationships, WHICH COMPILES THE DENIALS. Inherently, we are born GOOD, ... a true emotional field. From the instant we are born, denial starts WARPING our emotional field. We seek, then, to align ourselves with people who have suffered the same Denials... hoping, then, that they will give US the same allowances that we have been LEFT WITH to share among them. Take a close look!

(note: please try to remember that although we ARE denied by others, over 1/2 of the denials we visit upon ourselves by killing off our OWN emotions, and by denying ALL THREE of our Minds EQUAL time & right of expression.)

But the whole point of the thing is, I guess, is to get peace here by getting rid of Denial. I can put it in one sentence. Peace depends upon ridding this planet of Denial. That's all, because it's Denial that brings forth conflict. And, I don't care if that's denying a person a cigarette or a piece of gum, or if that's denying a whole nation the right to live because they need the food & everything to create the war machine. It's all based upon Denial. It starts with denial, and it ends with denial. And this is what it's all about, basically, because denial brings FORTH conflict. Until you say "no" to me, I like you! This is so easy once 'st you look at it, because you like people that say "yes" to you. But, you don't like people that say "no" to you. A "no" is a denial.

Now, this goes very, very, very deep! If you just look at the surface of it..., certainly I'm gonna say to you... if you say, "Give me a thousand dollars", I'm gonna say, "Hey! What the hell for??" In the first place, you shouldn't NEED a thousand dollars! Some reason of Denial makes you "need" the thousand dollars.

If you'll start looking at this whole denial picture, you'll see where the hostility, the hatred, the nationality, the boundaries, the wars, everything is

coming from. If you weren't denied, there'd be no need for it! Each person has their place. It's only the fact that they CROSS places that brings forth conflict & denial! There IS no power, until there is RESISTANCE. Otherwise, nobody forces anybody to do anything until the resistance shows up. THEN the power comes forth & creates FORCE, and force is a different story. But when we're setting here in agreement & kicking things around, I'm not trying to overpower you with my Mind, and you're not... there IS no power present! It's only when it runs into that Denial, (then) it comes forth. And, it'll come forth just like a strike of lightning.

HOW TO AVOID INSTANT HOSTILITY, IN  
RELATIONSHIPS, BY SAYING "MAYBE"

(P) How can one say "NO" to someone WITHOUT generating instant hostility? (G) The Chinese, thousands of years ago, answered that question. But, nobody heard 'em. YOU NEVER SAY "NO", YOU SAY "MAYBE". Why should you need to say "no"? In the wrong Time, Place, & Situation, everything changes. Right now? Maybe yes, maybe no. I don't know. Ask me again later. There's a million ways to tell them that you're not at the right Time, Place, & Situation. Maybe THEY are, but YOU aren't. You don't have to say "NO". That's a slap in the face! That's being crude. And, that's being hostile! No wonder they get hostile! And... if you said "yes" before & you suddenly say "NO", again that's hostility. They have a right to say, "Why?" If they get a snippy answer again, they're gonna get mad. You never say "NO", you say "maybe"... , 'cause you do not KNOW. Right NOW that's the way you feel, but maybe ten minutes from now you'll feel TOTALLY DIFFERENT & be only too happy to say "yes". THEN, what the hell are you gonna do? They're mad,... gone! You cut your own damn nose off to spite your face. (P) Well, you can't plan out anything, then, if you're gonna do that. (G) No, that's all in Comp.III, about saying "no" politely. You'd better read Comp.III again. There's a whole damn article on that. (P) Well, if you're gonna do anything with other people, you have to make some sort of a commitment... one way or another..., because if you wait until the last minute, then they're off doing something else! (G) Well, that's your loss. It's not their loss. That's all involved in saying "no". Don't say "no" except as a last, last, total resort. It's always "maybe", "not at this point in time", or "OH, I'd really love to do that, but right now I'm up against it! Maybe I'll snap out of it in a little while." And, enough of that will finally turn into a "no", they'll drift away, and there's no hard feelings or anything else! (P) After you do that enough with them, then they're just used to it & it doesn't affect them? (G) Yeah, that's right! But... 7 NO's, and any relationship's down the drain. It's GONE. That's the total limit of NO's that you can use, with any one person, in a relationship... seven. And, it usually only takes about three..., 'cause you're NOT RELATING. If I feel like doing something & you've been pleasant with me & I say, "Hey, how would you like to do so and so?", and you say, "No. I don't like to do that.", then I'm NOT RELATING. Something's the matter with our relationship, 'cause I thought that I was relating to you..., but, obviously, you're NOT relating to me. And, here it starts. But, if you had said, "Yeah, I've been thinking about that, but no. Not right now. I've got other things to tend to." Don't let 'em press you for details on the "other things", 'cause that can get you into hot water! (P) In other words, with the direct NO, you're cutting them off and... (G) You're slapping 'em in the face! (P) Yet, on the other hand, if you say, "Well, yeah. This IS a pleasure of mine, but due to circumstances, I just can't do it right NOW. LATER ON, we'll still share this.",... (G) Yeah! You're agreeing with 'em. And, they can understand that. They've run into that same situation before. And now, suddenly, THEY have a way of answering somebody. And, invariably, they'll say, "Yeah! I've felt that way. I just loved to do something, and couldn't... due to circumstances. That's horrible. OK." And, all at once'st, they'll learn how to keep from saying "NO".



ACCEPTING "WHAT IS" AS OPPOSED TO  
C-MINDED JUDGEMENTAL ANALYSIS

(P) Does Affectionate-alertness change to Danger-alertness, in the act of JUDGING, and does one judge others out of FEAR? (G) The answer is YES to all of that. There'd be no reason to arrive at a conclusion, unless you were afraid of something.

(P) How can I overcome C-mind judgemental analysis, and what do I replace it with? (G) Well, you're not gonna replace it with anything, and you're not gonna overcome it. You learn to control it. Let me give you the process involved here. C-mind is going to judgement. Before it can come to judgement, it's gotta come to a COMPARISON. Now if you'll just stop right there, you've not reached judgement. You do not need to judge. (P) But don't you need to say, "This is good, and this is bad for me?" (G) NO! Just KNOW it. You don't need to say it. You don't need to act upon it. You don't need to express it. Judgement is when you go BEYOND comparison and EXPRESS it. (P) So, it's just the expression of it? (G) It's expression. Expression is what judgement is. Non-expression... there's not a judgement being reached! Just a comparison has been reached. But, no more'n I say "Al's better than you are.", I've compared you and Al. I've come to the CONCLUSION... which is a judgement... and I've voiced it & said, "Al's better than you are." Now, if I say that in my own mind, without saying it verbally, I've still judged. But I say, "Oh. Al's got these points. Paul's got these points. Hey, that's nice!" I didn't have to judge. I still KNOW the same thing. That don't make you any better or him any better, because I just made the comparison and let it BE! I didn't come to a judgement. There's no need to come to a judgement. You stop short by merely comparing, and letting it be. And, there's no such thing as good and bad. I mean... what's good here is bad over there, and what's bad over there is good here, and so on. So, you compare and say, "OK. That's where it's at." Now, you know what to do with it. But... you DON'T have to judge anyone.

(F) How can I be happy throughout life? (G) Until we learn the Art of granting EVERYONE the right to "BE JUST AS THEY ARE WITHOUT WANTING TO CHANGE THEM", we will be experiencing the periodic ups & downs of Happiness and Sadness. When you look at a situation, you are only Sad when YOU cannot have it as YOU want it.

(P) I find it difficult NOT TO look at others, my environment, and myself with a CRITICAL eye... perhaps due to my "perfectionist" training as a musician. This trait CAN be very useful, BUT I find that it ALSO causes me to DISLIKE many things in myself & others. How can I learn to emotionally accept "What Is" i.e. is it possible to LOVE EVERYONE, as many Great Teachers have professed to do?? (G) Sure! When you're in Affection, you're in love with every living thing on this planet! You don't have to personally contact 'em, touch 'em, feel 'em, or have sex with 'em. When you're in a total affectionate dwell, you're in touch with every living being on this planet... even rocks, trees, and vegetables! That's all they're saying, "Be Affectionate." (P) When you look at things & criticize things, is that just your C-mind throwing those things in there? (G) That's a perfectionist of C-mind. Now, this is the War of the Minds. Stop and think about it. It's your C-mind disagreeing with your B-mind, your B-mind disagreeing with your C-mind, and your little animal's standing there or laying there or being there & taking a beating from both! And, of course, it gets frustrated & you become unhappy. Anybody does. I do. Anybody will.

Now in the first place, none of us are perfect... and music is FAR from being perfect. So, anytime somebody says "perfection in music", just look at 'em & say, "You're about as stupid as any person I've ever run into!" There's no perfection in music. There's no perfection here period. Now, one person will say, "I find this perfect. I find that perfect." They don't know what in the hell they're talking about, because THEY WOULD HAVE TO BE PERFECT TO RECOGNIZE PERFECTION. Now, wait a minute! That's a loaded statement!

Now, DISLIKE is a feeling. When this brings a dislike to you, THERE IS SOMETHING THE MATTER WITH YOUR TIME, PLACE, & SITUATION... not you, and not the people. You're in one mood, and they're in another mood. You've placed yourself in an awkward position, or other people have placed you in an awkward position. The best thing to do is to move out of that position as fast as possible. Don't stay in that position. This is what's happening.

(P) As a B-minded person, I find it difficult to Love & Accept myself, when others judge me on a Money & Appearance basis. How can I be "accepted" WITHOUT money? (G) What in the hell do YOU care about what others think about you? They don't know what in the hell they're doing! But, that's NOT your fault. Let 'em judge. There is nothing you can do about it! Absolutely nothing... unless you want to be as THEY are & go out and get yourself a hunk of money, and then they will accept your MONEY. They're NOT accepting YOU, Paul. They're accepting your damn money! You're not getting acceptance. You go out & get that big hunk of money, and they accept your money. They're not accepting you. You lose the money, and they'll spit in your face & walk over you in the gutter. They don't give a damn. This "Money Myth" is a great false statement & a great brainwashing statement to make everybody feel unhappy. You can buy all kinds of things... happiness & everything else... with money, certainly. If that's what you desire, and that's what your emotions truly want, and that's the way that you've finally convinced yourself... then that's the way it'll be! But, it's all temporary. ANY "BOUGHT" PERSON CAN BE BOUGHT BY ANOTHER PERSON, OR THEY COULDN'T HAVE BEEN BOUGHT IN THE FIRST PLACE.

(P) Yeah, I guess I just feel the pressure to conform, and the whole bit. (G) Peer pressure. Well, sure! That's what C-mind is all about. "Get out there and do it! I don't care if you like it or not, but you do it! That's what I want you to do. To hell with your little animal, to hell with your pleasures, or anything else. You do that god-damn job because I want it done! Here's a penny for your efforts. I'll take the thousand dollars you made." And, until you can develop that perspective that they have, you will NOT have money. Until you're able to give the penny away & keep the thousand... that that person made through their efforts for you..., you will NOT be able to get money. You'll have to go ahead and enjoy that penny. And, you've found that the human is very adept at finding a way to enjoy the penny. And when they get to enjoying the penny too much, they'll take the penny away... as you can see happening right now, 'cause they don't work as hard when they've got the penny. Let's cut it in half, and they'll work harder to get a full penny again. And then we'll make more thousands, because for every penny now we'll make TWO thousand pennies. It's a very beautiful system, and it's very easy to understand if you look at it. I've had direct, living experiences with this principle. So, experience it yourself. (P) Yeah, I guess I just feel the pressure to do that, but then I don't want to take the thousand & just give them the penny. I don't feel right about doing that. (G) Then, you'll never do it. I know. You have to overcome that feeling, if you want money. It doesn't mean that you can't give the money away afterwards & say, "Well, I've had it now & I

know what it's all about. I don't need the damn stuff! Give it to the Red Cross, or set up a foundation." Why do you think all these wealthy people set up foundations with their money just before they die? ! They're trying to give that thousand pennies back to that human being, and there's no way to do it. No way in God's green pasture can they do it, but that's the best attempt they can make. And, they immediately put it in the hands of other C-minded bastards, who try to perpetuate their greed.

(Q) What's the difference between a Decision and a Judgement? (G) A judgement is when you bounce something off of YOURSELF. You judge everything by yourself, and that's wrong. (To digress for a moment), there is so much that belongs to me AS A RIGHT when I gain life here. There is so much that belongs to you. If you're looking for that which belongs to you as a right, as a substance to your life, then you're NOT dominating. If you're looking for something that does NOT BELONG TO YOU, then you're dominating, BECAUSE YOU'RE TAKING FROM SOMEBODY ELSE. Now, what is the difference between a Judgement and a Decision? A decision is arrived at by looking at the FACTS involved in a situation. It has nothing to do with personalities, individuals, myself, or anything else. There is the situation & there are the facts in the situation, and the facts come out to this conclusion.

Now, judgementing is when you look at yourself & say, "Boy, that person is really ugly!" You're comparing to yourself, and what YOU think. That's EMOTIONAL.

(note: at this point, perhaps a definition of LOVE would be in order. Love is granting others TOTAL FREEDOM, while granting YOURSELF the same privilege. Such love requires total SELF-responsibility, which is the PRICE you must pay for LOVE and for TRUTH. Few humans today wish to pay such a price! If you have to ask what love is, then it is obvious that you have not KNOWN love. More than likely, what you thought was "love" was only C-minded POSSESSIVE EXCITEMENT. Can a possessed "thing" be Free???? )

(P) What is LOVE, really, and how can one learn to love oneself, so that one can truly love others? (G) This is the question that has been unanswered for 11,000 years! What does this world expect? What has been built into their desire pattern? What type of total impossibilities have been introduced into their thinking mechanisms, or has the fuse been blown on every thinking mechanism on the face of this planet? Love is AFFECTION, and affection is love... utilized with another and by another, with BOTH performing at their top level of performance, with no tomorrow & no yesterday. THAT is love..., but that is not an answer for you, BECAUSE YOU DO NOT KNOW WHAT AFFECTION IS ANYMORE. Maybe, you can wake up to it. Learn to love oneself?? Well..., if you don't think enough of the only body you've got, the only mechanism you have that walks you & keeps you on the face of this earth, if you don't love it enough to take care of it, cherish it, treat it decently, pamper it once in awhile, and be kind to it..., there is NOTHING I can say to you that's going to help you one bit! But, I will guarantee you that if you start practicing & putting into action the expressions of affection, then you will LEARN WHAT THE WORD ITSELF MEANS... to love oneself. And, you will get the narcissism out of the despicable way this has been quoted.

HOW TO KEEP THE OUTSIDE WORLD  
FROM HURTING YOU

(T) The psychiatrists say, "Nothing can hurt you, unless you let it."  
 (G) Well, that's true. That's very true. But, HOW do you keep from letting it hurt you?? They don't know how to handle that! You hurt yourself. Nobody hurts you, & this is what they're working from. And, it's very real, because nobody can reach in & take a hold of your emotions, & twang 'em with their hands! Nobody can take a club, & beat your emotions, & cause that pain to go thru you. YOU do that. You can very definitely be hurt, but YOU are the one that hurts, NOT the person hurting you. And yes, you CAN control that, & not let people hurt you,... but there's a method to that, & they don't know that method! Now, one of the methods I've told everybody, & I tell everybody,... "OK. I'm a fun-loving guy, & I'm a peace-loving guy,... but, don't start to swing at me, because that's my physical way of keeping myself from being physically hurt, 'cause I'm gonna deck you, or I'm gonna kill you, to keep you from hurting my physical body." Now, if that's a gun, that's the same principle. Now, I'm the same way emotionally. That drives people up the wall. And, you can do the same thing emotionally. Just as you do it physically, you can do it emotionally. A person raises their hand to hit you,... deck 'em! You didn't ask for it, & you don't want physical hurt,... you stop it right then & there, just as quick as you can, at whatever cost is necessary. And, you can do the same thing with emotional hurt. But, you gotta start looking at it the same way as you do physical hurt, & stop the emotional hurt from being thrown at you, BEFORE it gets to you. Now, some people can throw up a shield around themselves, & that hurt thrown at 'em can't hit 'em,... because, you CAN throw hurt at people. You're damn right you can! (T) How come you always feel emotional hurt in the chest? (G) Because, your energy comes out of your guts, to begin with, & that's the closest seat to that..., & your energy goes (he hits the desk) like that when you're hurt, & that lack of energy, then, causes the lungs & the chest muscles to go slack, & you're lacking breathing & the whole apparatus, while this is going on, & that's a warning signal flashed to your brain to start breathing again,... NOW you call the pain signal. (P) You're saying that the outside world can't hurt you, UNLESS you ACCEPT that hurt? (G) You don't accept it. Just like I don't accept him, or you, or anyone else sluggin' me,... you just don't accept it. So, you stop it before it gets to you,... & you can tell when people are trying to hurt you. You know it. You know it before they do it. It might only be a split second, or maybe five days, but you know it. And, you can stop it. And, the first time you do that to a person, they look at you kinda funny. And, you look at 'em, & say, "What are you trying to hurt me for?" And, that's one of the quickest ways of stopping hurt. Say, "What are you trying to hurt me for? You know what you're doing? You're attempting to hurt me, if you know it or not!" And usually, well,... they're dumbfounded. "Who, ME???" "You didn't know that was going to hurt my feelings?" "Well, I guess maybe it could..." "Then, why'd you do it?" "Uh,..." "Oh, you wanted to hurt me?" And, you might get a surprising answer, "Yes, you hurt me the other day!" "Oh, I did?! How'd I do that??" And, they'll tell you. And, the first thing you know, you're talking. And, you're finding out you've been hurting them, & didn't know it. And, they find out they've been hurting you, and didn't know it. And, the whole relationship changes. Then, you'll usually say, "Well, you know, we're going to be doing this in the future. Remind me, will you? Speak up." And they'll say, "Yeah, & you speak up when I do it!" And, you're off to a pretty good start, when you reach that. You'll UNINTENTIONALLY hurt each other, at different times,

but, at least, each then KNOWS it wasn't intended. Oh, hey, it's the INTENT that really hurts, NOT the hurt itself!! I mean, it's wierd! Well, I can liken this, again, to the physical,... to make it clear. I slip & fall down, & I hurt myself. That was unintentional, wasn't it? I accept that hurt, & I laugh, & I go, "God! Shit! I won't be able to use that arm for a week! Ohhh! Ha, ha! I'm stupid! Ha, ha! Oh hell!@#%\*" I didn't intend that, so I can forgive that real easy. I accept it. You come up, & grab my arm, & twist it, & bang on it. Ah, now wait a minute! What was the INTENT here? "What in the hell did you do that for, you son-of-a-bitch?!" Instant hostility, instant deep hurt, & I trusted you. What in the hell's going on here? Emotional hurt works the same way. Somebody just kicks the shit out of your emotions, & you didn't expect it,... what in the hell is going on? Now, that person did that to your arm, and, of course, you're ready to slug 'em & everything else, & they step back, "Oh no, no, no! Wait a minute! You had a god-damned black widow spider about to go up your sleeve! I was gettin' it out of there. There, there, it's on the ground!" "Oh,... oh shit!" And, you almost killed the SOB for doing it! And, that's physical, & the same thing for emotional hurt. Start looking at it in this way, & you'll start protecting yourself from emotional hurt. And, the person that you're close to, no more'n you... you don't have to go to the Comps. , or anything. Just say, "What are you trying to hurt me for?" And,... they will get an anger, people that are close to you will get an anger, & it's from somebody else & NOT you, & they'll come around you, & they're angry. And you say, "Why are you angry at me?" And, they'll look at you & say, "Well, I'm not.... What do you mean? I'm not angry at you, Dick!" "You know, I've had this,... & this is not girls or men (exclusively). And I say, "But, you're angry." "I'm not angry at you!" "Well, you're HERE, & you're angry! Who are you angry at? Hey, be nice! Go visit that anger on THEM! Go out & spit in THEIR damn face! Don't come around spittin' in mine!" "Well, I... oh, OK damnit, damnit!", & they'll tell you about it then, you know, & then it's gone! But, if you take that, it goes on & on. And, the first thing you know, you're in one hell-of-an-argument, both of you have slashed the hell out of each others emotions, & who's fault is it?? It was the fault of the one that brought that anger into that relationship, from somewhere else! Now, if they come to you & say, "Oh man! I'm mad! So & so did such & such to me!" FINE. Set down, & talk it out, & their anger will blow away, & it's fine. NO... they keep it bottled up, & they come around you, & they're so god-damned hostile & angry, & you wonder, "Hey, are they gonna hit me, or what in the hell's...?" But, YOU bottle THIS up, & you're gonna snap their god-damned head off! And, they're gonna look at you & say, "What the hell's the matter with you?" And you'll say, "What the hell's the matter with you?! I didn't do nothing to you!" "Well, I didn't do nothing to you!" YOU HAVE! You've did a hell-of-a-lot right then & there, TO EACH OTHER! So, you can protect your emotions, in the same way that you can protect your physical body. And, if you want to be a pacifist, it's very easy to do it. Just NEVER put up any resistance, & you're a perfect pacifist. You have people walk on you, spit on you, piss in your face, use you, shove you around, take your clothes, take your life, & you put up no resistance. "Oh, I'm a pacifist. I'm a peace lover." You're just a plain god-damned fool!! And, there's no bigger fool in the world than a pacifist!

(F) How can we avoid being used by others? (G) Many persons feel USE-LESS, yet they resent being used! We are used by others only when our PLEAS-URES don't match. To WIN, the victory must be TAKEN from the loser. To be

truly USEFUL, come to KNOW your OWN pleasures & seek to fulfill them.

(F) Is it a good practice to mentally send back the negative vibrations that one receives? (G) Not necessarily... sometimes you will be receiving such vibes UNINTENTIONALLY from good acquaintances. Because of differing opinions or irritating circumstances, they may think of you in very negative terms, thus sending to you negative vibes that could lay you low... and lay THEM low, if returned. By going into a Pleasure dwell, without frequent interruptions, such negative vibe levels cannot affect you. If you are "hit" INTENTIONALLY & you have a reasonable awareness of a DELIBERATE attack, a HEAVY dose of their OWN medicine does wonders!

(F) How do I treat inconsiderate persons? (G) Some persons enjoy being surly & inconsiderate. If their acquaintances will fight with them, then not only do they have the enjoyment of the acquaintance tie, but they ALSO have the enjoyment of fighting... and the resulting anguish and/or constant complaints about their problems! For most persons, however, the problem stems from the fact that the inconsiderate person just DOESN'T KNOW that they are being inconsiderate... or, they are incapable of comprehending YOUR image of them as being inconsiderate. There is actually a fine line between "OK & Too Much", and in most cases, a little tolerance helps. After all, what difference will their actions make by next month or next year? When your breaking point HAS been reached, however, you should tell the inconsiderate person that he is wrecking your pleasure dwell & thereby violating your Free Choice. He can then either choose to stop, or be stopped... by your DEFENSIVE force.

(P) How can I avoid frustration, while working within this Domination-based Society of ours? (G) Your biggest problem, in that area, is that you have not... as yet... established a Survival Base. A Survival Base is a job or trade, that is very WIDESPREAD throughout many peoples, that you can find work in whenever you need it. It doesn't mean that you're gonna HAVE TO do it. But, you've got that for your little animal, to say, "Hey! If I got to, I can go get a job. We won't starve to death." And, that gives you time to play around, & all kinds of things. WITH THAT BASE, you can take chances. You can tell people to go to hell! (P) I bet that gets rid of a lot of frustration! (G) Yeah! You don't have to take no horseshit from anybody! I've done a little bit of everything, one way or the other, but I always had that Tool & Die trade to fall back on. I had that base, & I had that security. And, if you don't have some type of security, you get frantic. And, if you happen to meet that girl & get married, SHE'LL get frantic. But, you'd be surprised how thin you can stretch your dollar bill before you go back to work... when you're trying something out... if the wife knows that you can get a job tomorrow morning! So, your survival base you should establish one way or another, because neither music nor metaphysics can provide you with that base. BUT, once you HAVE learned that Survival Base or Trade, you can use THAT 8 hour period of the day to relax & rest in, leaving you with 16 uninterrupted hours to pursue your music, metaphysics, & whatever else you like to do or experiment with.

## USING AFFECTION FOR SELF-DEFENSE

(P) Can we use affection to activate our antagonist's B-mind, thus letting them stop their OWN attack? (G) Yeah! You throw out affection, you put yourself in an affection state, and you can stop a hostile person,... given a little time. Now, there are times when you don't have the time to do it, and you're not gonna do it. Walk into a bar where everyone's raising hell & everything, go in there, and have that bar laughing & singing in five minutes..., and they're all strangers to you!! But, you've got to turn on your OWN affection. You can't turn on theirs. Turn on your own. (P) Well, I said, "with affection"...

(G) That's right! Just turn on your own affection, and watch what happens! They touch it. You're not GIVING it to 'em. You can't GIVE them affection. (P) It's not something you receive from the outside, because it's already yours.

(G) That's right. There's a real jolt when they generate theirs, and they touch. Oh, yeah! But, YOU didn't do it. That's that CONTACT. Wow! Then, it squares back. It goes out, and comes back. It doesn't go out to THEM. It goes out and meets theirs & comes back to you, and theirs is doing the same thing. And, that's the way it spreads. But, the person that you're activating B-mind in... they don't know anything about that. All they know is that they're suddenly feeling good, where before they were feeling lousy! And, they'll gravitate towards you, because they feel better when they're close to you. And, you maintain this for any length of time, and they happen to be of a very LOW affection & have kicked it out of their OWN self, well... they'll drain you completely, and BOTH of you will get into a damn fight & then kill each other in a couple of hours, 'cause you've gotten yourself..., like a car battery, it's run down! It's hard to maintain a heavy affection, and you DO need a whole lot of affection to quiet down a hostile person!

(F) Some persons don't accept the affection that I offer. Why is this?

(G) You're probably approaching them in the wrong dwell! Someone in a C-mind dwell studying a manual only gets IRRITATED with someone who comes along in a B-minded "Gosh! It's such a pretty day!" approach. You may need to lean over & admire the technical accuracy of the material they're studying. Get the person to lower their blocks by steering them a bit. ALL MIND DWELLS NEED, ACCEPT, AND DESIRE AFFECTION & APPRECIATION. It just takes a little diplomacy and effort to get them to share. MATCH DWELLS, & YOU ELIMINATE CONFLICT.

(note: When one stays happy & affectionate, then one doesn't need Kung Fu, etc. Others will flock to you to bask in your warmth, and they will only direct aggression towards you when you CUT OFF that warmth. Their Feel Field will detect this, and they will UN-consciously begin to feel hostile towards you. If you will merely stay in a Pleasure dwell & not withdraw your Affection, they will be powerless to attack you, because a TRUE Affection Wave knocks-out violence in others INSTANTLY. And that violence will remain knocked-out, as long as you maintain your Affection Wave.)

(P) How can Affection knock out Violence INSTANTLY in others?

(G) With Affection there, there's nothing for them to be violent towards! They're meeting no Resistance, so no Force is necessary!

STOPPING FORCE vs  
RESISTING FORCE WITH FORCE

(P) If we react to the threat of physical violence by punching-out the attacker, aren't we RESISTING force WITH force, and playing a losing game??? (G) Well, (he laughs) that's a very good question. Causing hurt... well no, it's true. But, you've got to look at one thing. This is an act-react dimension, here. Everything has an act and, therefore, a react. So, we're engaged in an act-react situation. I'm just gonna make sure of MY react. It's nothing personal. I don't hurt as much, that's all. It's not a case of hurting him, but it's a case of stopping HIM from hurting ME. Now, force is physical... in this thing... and he's matching force against force. This will go on UNTIL such time as they realize that, in the physical sense, it's needless here. That's a long way off, 'cause until you're SURE of survival, you're gonna have people trying to get each others food, & every other kind of thing... girlfriends, and the whole bit! But, to get back to your question..., if we react to the threat of physical violence by punching-out the attacker, aren't we resisting force with force, and playing a losing game?? No! You're stopping yourself from being killed or hurt. You're playing a losing game when you DON'T stop it! Now, that's a big difference. If I want to control a lot of people, the first thing I've got to get into their heads is that they can't touch me. That's the first thing I get into their head. Well..., take a look at this whole damn nation! Uh huh! Yep,... 'cause everybody sets & thinks, "I GOTTA go to work today. I GOTTA go to the bank today." Hey, wait a minute!! How-in-the-hell-come were we taught all this crap?!? Well,... it's taught! Stop & THINK about it. And,... how do you STOP that enslavement? How do you STOP that abridgement of choice? YOU PUT YOUR HANDS UP, & YOU STOP IT!! Now, to step OVER that & push THEM down,... now YOU'RE perpetuating it. If you walk up to me & throw a swing at me, and I haul off & knock you down, I look at you & say, "Well, you had enough?" And you say, "Hell no!", and you hop back up, and so I knock you down again. "You had enough?" And he says, "Yeah!" And I say, "OK, that's good.", & I turn around and walk off. I have not did anything except STOP YOUR FORCE. I did not exert any force of MINE, because I merely stopped YOURS. Now, if I jump on you & kick your guts out while you're laying there, now I'm the same as you. NOW, I'm using force. I just stopped your force. You're allowed to STOP force ANYTIME, but when you RE-VISIT with force..., well now you're perpetuating the game. But BOY... just staying there & taking it, that IS a losing game, I'll guarantee you!! I'll guarantee you, because everybody will use you for a rug, and they'll enjoy it! Fact is, you're TAUGHT to be used as a rug!!

(P) How can one possibly be prepared to meet ANY & ALL Martial Arts methods? (G) Let me give you a little lecture on that. As I stated before, ALL of those Art forms are aggressive forms. They're ALL to be used for some kind of gain: ego gain, money gain, prestige gain, or domination gain. They ALL class themselves as being defensive arts. Well, certainly, they CAN be used that way,... but, in reality, the person is also getting something else BEYOND just being able to defend themselves. Let's just accept ALL of them as being systems of aggression. Therefore, if you need to defend yourself against aggression, you need to know when aggression STARTS, and when it STOPS. People don't know that! And, they can't understand when I tell 'em, "OK. A person attempts to hit me, I knock 'em down, and then I reach down & pick 'em up & say, 'Let's go have a beer.' I don't jump in the middle of their gut with my boots. I don't kick 'em in the face. I don't jerk 'em to their feet & hit 'em again,



'cause then I'M the aggressor." I've gone from defending myself to aggressing, under the premise that if I do a good enough job, they won't do it again. That's aggression. That's the same thing that they used when they hit me, or TRIED to hit me. People don't know that. It doesn't click with 'em. It didn't click with you. AGGRESSION BEGINS WHEN YOU WISH TO DO THEM HARM. No more than that enters your Mind, YOU are the aggressor! They may ALSO be the aggressor, but you're in the same shoes they're in right then & there, no more than you want to do them harm. (P) So, even if you're just sitting there & they're pounding on you & you can't really defend yourself, if you've got it in your HEAD that you wish that YOU could pound on THEM, then you're the aggressor, just the same?? (G) That's right! And, they'll pound you all the harder! (P) Well, you said before that when someone's coming up to you & is trying to do you harm, if you knock them down & keep their force from reaching you, then you're NOT aggressing. You're just STOPPING their force. (G) You stop it, right then & there. But, don't wish 'em harm. I never hit a person wishing them harm, never in my life. Just stop 'em, that's all. Bandage their wounds, afterwards, give 'em something to drink, and take 'em home. (P) But, you don't need to study any System to know HOW to stop them? (G) No! If you wish to become the aggressor, yes. Now... since we're living in a very aggressive time & all of this, I may be overstepping the bounds of reality, which I probably am. But... (P) Well, then, do you consider physical combat techniques to be OBSOLETE... for the general public... with the advent of firearms & tear-gas guns? (G) Hell no! I think we should go BACK to physical self-defense. Forget about tear-gas & firearms. That's the way it's GOING to be (in New Perfection). Let the Police be better physical specimens than all the others around them,... with their HANDS. You don't need anything else. Once you get rid of guns & all of that, what do you need? You need physical fitness. (P) So, the whole idea is just to get in there, get it over with quick, and get out? (G) Well, certainly! IF YOU WANT TO PROLONG IT, YOU'RE THE AGGRESSOR. You're wishing to do them harm. All you're doing is STOPPING it. "He's gonna hurt me? I'll be damned if he is!" It's as simple as that.

(note: When you STOP someone's force from reaching you, you are NOT RESISTING.)

## POWER, RESISTANCE, &amp; RELAXATION

(P) You have stated that, "Power is nothing UNTIL it meets resistance."  
(G) Sure, so you've got 3 Minds resisting each other all the time! What do you mean? You have, and everybody I know has... even me. I KNOW better, and they're STILL resisting each other. So, there's always power present.  
(P) How is acting upon "inspired" data a form of resistance? (G) Inspired data is a thought that bounces off of the other two Minds, and THEY'RE not thinking the same. There's resistance INSTANTLY. It doesn't have to come from outside!  
(P) Many Chi masters can offset physical aggression WITHOUT resorting to physical resistance, while remaining physically relaxed. How is this done? (G) That's all done with the Kinetic Bubble. Actually, though, when they're doing what they're doing, they're committing an act of AGGRESSION! They're sitting there saying, "Try to shove me over. I'll prove to you how strong I am." That's dominance, and they don't even know it! So, their C-mind is going to be giving them a lot of support, there, by throwing in extra Kinetic Energy at that second. And yes, it's like they're cemented there! Well, you wouldn't think that that was dominance or aggression, but they're committing an act of aggression & they're committing an act of dominance. They're sitting there saying, "See? I can do something that you can't. So there. I'm GREATER than you are, you see. So, you do as I tell you. You bring me those shekels & that food & that, and see that I survive. You'd better, 'cause look at the power I have!

(note: "Withstanding" implies resistance, as does "keeping one's balance". Total limp-rag relaxation will NOT offset aggression. This is done Kinetically, and all that the relaxation does is to allow the Kinetic Energy to flow. The person doing this, with the help of their C-mind, may LOOK relaxed, but INSIDE they are going a mile-a-minute! MENTALLY, they are in TOTAL CONCENTRATION.)

## HOW TO OVERCOME THE FEAR OF DEATH

(P) In "answer to Why", you stated that "when man loses the fear of DEATH, then all of his other fears become meaningless in comparison, & soon wither away." How can one lose the Fear of Death WITHOUT "witnessing" death in an out-of-body experience, etc. ?? (G) THERE IS NO SUCH THING AS DEATH! Who told you there was death, some other human being? I mean, I want to know where you got the knowledge that there's a such a thing as death. Where did you... you yourself, now..., where did you get this knowledge from? (P) Uhh..., just everybody said... (G) Everybody said! \*@ Other "bodies" like you. Well, stop and think about it a minute. It's TOLD to you, and then you see somebody that becomes still,... and they're dead. That means that the body's not active anymore. But, when you want to go up & touch that body, there's something missing! LIFE is missing. Well, where in the hell'd it go to? Where does the smoke from my cigarette go? I can't SEE it anymore. Does that mean that it's no longer there? You know damn well it is, but it's just in a different FORM. And, that's in this MATERIAL world. Smoke from a fire goes up the chimney, and after 15 or 20 feet you don't see any smoke. Well, damnit, it's still there. Where'd it go to? It disseminated into a different pattern & became dispersed to such an extent that your eyes are no longer receptive to it. You cannot SEE it.

But, who told you there was death? And, how come you believed it? And, this is the way you get answers to these questions: ASK YOURSELF. Everybody'll admit that there's something MISSING from that still body. Think about it. (P) But the animals, they don't care. I mean, they've got their survival react & everything, but as far as having any kind of Fear of Death, it's no different to them than just eating or anything else. It's just a change-over. (G) Nobody's TOLD them!!

EXCERPTS FROM "Answer to Why" by Alfred B. Glaser:

"Death of the material man is only the end of the material, in the cycle of change. All that he is, all that he ever will be, is his mind. Mind is the opposite of material, and only material is subject to change, in context to breakdown and molecular construction, therefore death is only of material change. Continuity is ours, if we want it or not. Nothing ceases to be. Only change is ever present in the material world. Death is change, but not obliteration. Man cannot even destroy matter —why does his ego tease him into believing he can destroy anti-matter? "

"Death is a cycle of the material man, not the Thought Existence. Thought Existence is the all, and material man is part of the all, therefore, none of the all can cease to be, lest the all become less than all, which, even in this form of written communication, is self evident."

(P) I believe that I have a Soul, but I do not know how to prove that I have one. (G) An acceptance is different than a belief. Acceptance means that you've looked at the situation, made a decision, and accepted it as being so... but unexplainable, but you have accepted it. "OK, there it is. I'll buy that." Belief is, "I believe it, I believe it, etc." It has no substantiation, no nothing, and you really haven't weighed it out, evaluated it, compared it, & made a decision. Now, a person arrives at an acceptance of a phenomina in saying, "OK, fine."... they're halfway there, because then... in this chain of thought pattern and comprehension, there'll be a little bit here & a little bit there until it runs a full-blown cycle. And, all at once'st you will come to that comprehension or KNOW factor, and you'll say, "Yeah!" And once'st you reach that, then you go into a tranquility dwell & you talk and laugh with 'em & come and go as you please. And until you can do that, they won't be real to you. But after you get used to it, you can kind of click it in... much like you can start thinkin' about a radio, or start thinkin' about swimming, or start thinkin' about dancing, or start thinkin' about music. And, it's on the same chain, the same thoughtline. (P) Does the thought sort of tune you into that wavelength? (G) The WISH TO BE THERE will bring you there. The Wish comes before the thought, and that's just a simple way of putting it.

Now, any kind of physical, material proof concerning a soul, or a ghost, or an "other side" situation has not been scientifically proved. However, try this for your own peace of mind & your own knowledge and comprehension: Now... you do this as I more or less tell you to do it, and ADAPT IT TO YOUR OWN PERSONALITY & that. You're sitting in a restaurant or a bar & you're by yourself, or you're waiting on somebody to come. You've got time to kill. Say to your little Soul... and you say it this way..., "Hey, Soul. Why don't you hop over there to that guy or gal (whoever it is) and have a talk with their Soul. Then, come back & tell me what's going on. I wanna know what kind of person they are." And, watch what happens! Now, it may take a few tries, but even the first time you'll be a little bit surprised at what you almost instantly know about that person you're looking at! And, after you get to co-operating with your little Soul, you can do that to anybody.

My Soul will talk to your Soul. It will NOT violate your Soul's privileges, and secrets, and all that kind of stuff... in no way, shape, or form. But, it WILL do its best to let me know the answer to the question I asked. And if it's gonna be beneficial to you, my Soul will go to your Soul and say, "Hey! You can accept or reject this, but it might be something you really need to know that'll benefit everybody." It will negotiate. And once'st you get onto this, you can have a ball! But you can't violate it, 'cause YOUR LITTLE ANIMAL WILL QUIT ON YOU, IF YOU START USING THIS IN EMOTIONALLY DAMAGING WAYS. It'll stop & say, "Oh no, uh uh!!" And you will, in a sense, hear it just like I'm talking..., and it's kind of wierd! But yet, after awhile... it's a thought that reacts to your thought & comes back, and you can sit & think a person's thoughts! All at once you say, "Hey, wait a minute! That's not my thoughts!", and it can get confusing.

But, all you have to do is to talk to your own Soul & say, "Hey, what's this all about? Why am I here at this time? What am I supposed to be learning along here? What am I supposed to be doing here? I know I'm supposed to be doing something." And then, sit and LISTEN. And, DON'T kick thoughts out of your head. A thought starts, don't say, "No, no, no. That's not right." Go

ahead and let the thought progress. Don't judge it... maybe pre-judge would be the way of putting it..., but go ahead and let it progress. Let it bloom, and you'll get yourself startled!

But, that's your quickest way for information about anything! That's the way I can set down and talk to Alfred Keller, or Reagan, or some guy that's spent 50 years pouring over books & everything..., and I can talk about any subject he knows, and go him one better! His little Soul's been crammed full of this, it's crammed into mine, it comes to me, and... simple, really simple! And, that people haven't caught onto this over the years! They say, "I've got a hunch.", or "I thought maybe you thought that way.", or "I knew you were going to say that." It's not luck. It's the two Souls being in rapport. You're feeding information back & forth, and you don't even know it! They never caught on that their Souls are in conversation half the time... with all the little Souls around them..., and enjoying themselves to high heaven! A person's setting there lying themselves blue in the face, and your Soul's just chuckling away, and their Soul's just chuckling away. And, you know, you chuckle right along with them. What in the hell difference does it make?!

But... that's a way you (can) establish, with the question you ask, the reality of the other side... because, once you get this way with your little Soul, then you're gonna develop a tranquility. And with this tranquility, you and your little Soul will flip over there & have a visit... once inawhile. There's nothing to it. It's not gainful..., from the human point of view, endeavor, or experience. You can take a trip anywhere you want to take a trip, astral travel, or anything else..., (but) you're still gonna have to come back here & do that damn job with your two hands & your feet & your body,... or, you're not gonna do it. So, you see, when I say that, "Thought, WITHOUT getting put into ACTION, is worthless.", I really mean it! It's as useless as tits on a boar. It might be alright to play around with, but that's as far as it's gonna go!

(P) How can I tell if the inner information I receive is real, or imagination? (G) To keep your imagination realistic, let me say this: all you have to do is to ask of your imagination, "Can I now apply this, in the physical, and bring it forth in an act?" If you cannot, then that imagination is a picture of the future. That future may be one lifetime away, it may be ten minutes away, it may be ten years away,... but that picture is REAL. The situation, & time, & place you are finding yourself in does not allow that picture to be put into action, in the physical domain, at the present moment. Imagination, therefore, even within the realm of fantasy is TRUTH. It is not applicable at the moment. The APPLYING of our imagination, within the physical realm, is what baffles people & causes them to doubt their imagination.

So, in answer to your question, "What is imagination?" IMAGINATION IS THE IMPINGING OF INTELLIGENCE UPON THE ANIMAL-MAN STRUCTURE OF THE ANIMAL-MAN. The animal-man then gives forth energy, when called upon, to bring forth these products of imagination... which are then HIS creations, and NOT that of the Mind. The mind, & all minds, & all entities are HELPLESS without the actions of the animal-man, the body he has, and his ability to create imagination into an article or factual substance, within the physical reality of this planet.

(K) What decrees what emotions you're supposed to live out this time? (G) Those are formed by the Soul before it submerges into your subconscious at conception. Due to environment, surroundings, place of birth, and everything else that goes on... (K) It checks everything here, and then it says...

(G) Instantly, 'cause there's no such thing as time. (K) So, it's the perfect opportunity to learn this, this, and that. So, you're going to live out these emotions in this particular environment. So, it's your old Soul that puts you into this mess! (laughter) (G) But, it stays with you! It stays with you, throughout your life. You want to foretell the future? Get in direct contact with your Soul. It's the one that tells you the future. It had to know the future, or it couldn't have programmed your emotional field!

(P) How does one use CONCENTRATION to establish communication with one's Soul or Entity i.e. what does one concentrate upon: the rings, a thought, what?? (G) I you want to get in touch with your Soul, (then) you concentrate on your Soul. That's it. (P) Well, I don't know what my Soul is. (G) It makes no difference! You concentrate on what YOU call your Soul. IT knows what it is, and it knows what you're calling it. You don't need any of those props or anything. Who do you think talks to me? I call it my "little animal". That's my Soul talking to me when it tells me what to eat & not eat, and all that sort of stuff. It's much easier (for me) to say, "little animal". It's more acceptable (to others) than if I say, "My Soul's talking to me." But... you concentrate on your Soul. It's been called that for eons of time. It hasn't been called "rings" and all kinds of crap. It's been called a Soul. And, that's it! And, it'll answer... IF you concentrate on the Soul. "I want to talk to my Soul. Come on, you little bugger!" (P) You just say that MENTALLY to yourself? (G) Sure! Just like you're talking to yourself without voicing anything. And if you're alone & want to put emphasis on it, then talk out loud. You can place more emphasis sometimes... some people can..., when they actually voice their thoughts. (P) But, you have to be in a TOTAL concentration state to be able to do that, don't you? (G) No, not necessarily. Not to talk to your SOUL. Once you set up communications with it, it flashes in & out. "What has my Soul got to say about that?" Boingg! He's there & gone. (P) But in your head, does it just sound like a regular thought? (G) It's a thought. The answer is there. (P) But, it doesn't have a different sound quality, or anything?? (G) No, no. You just got the answer. It's there. (P) Nothing big's gonna strike you, or anything like that? (G) You say, "How am I gonna fasten that damn blind up there? There's no instructions!" Then, you think about it awhile..., and all at once, you KNOW how to put that blind up. That's the same way with your Soul. You think about it awhile, and all at once you KNOW. And, it's the Soul that's supplied that information. (P) But... that's the same idea, then, if you want to talk to one of your Minds? (G) Well, sure! Call it by what it is. You don't need all those fancy names that have been created over eons of time. (P) Yeah... I guess the thing with me is that I was thinking: well, here I say... just to myself..., "Well, I want to talk to my Soul", and then here comes my C-mind or somebody ELSE coming in INSTEAD OF my Soul. (G) Well, that's possible. And then you say, "Well, get the hell out of my face!" (P) How do you tell the difference? I mean, how do you tell what's coming through?? (G) Your C-mind will tell you WHAT to do... in a very definite way. And, once'st you listen to it awhile, you'll see its pattern. B-mind or your Soul will NOT do that. They will always be saying, "Well, it should be this way... IF you can do it this way." It counsels. It doesn't TELL you what to do. It lets you KNOW what to do, but... at the same time... you don't HAVE TO do it. No stress is there, or anything. (P) But, your C-mind will just ram it down your throat! (G) Oh, yeah. "You do it, or this or that or the other will happen to you!"

(P) If you are sitting there & say to yourself, "Well, B-mind, I want to know this.", who is asking the question?? Is that your Soul? (G) You don't know, do you?! And, you're not gonna get a god-damned answer until you DO know... 'cause B-mind knows who's asking that question. And, very likely, it will be C-mind asking it... NOT your Soul! Your Soul is not too damn curious, and it only acts on that level or on that sort of thing when there's a crisis at hand, or something. And, it can get a little panicky and say, "B-mind, what in the hell do I do now? I got myself in a bind!" But, normally, that's C-mind. It's forever probing... trying to find out what's going on here. It knows something is going on here that's beyond its ken (understanding), yet it can't (recognize or comprehend what that "something" is). (P) So... your B-mind doesn't usually get inclined to ask a whole lot of questions? (G) No! It's a very placid, beautiful, & reposed type of Mind..., and it's NOT gonna DISTURB you with questions. It's gonna put you into ACTS. And, you know, it'll prompt your A-mind to take you to a classical symphony orchestra or something, you know, it'll get you into those places. It'll get you into art galleries or beautiful scenery, but it'll motivate your A-mind to get you there & shut C-mind out... so that you can enjoy yourself & have an exquisite time.

Yeah, you can tell. If the Mind, or the question, or anything else is AGGRESSIVE or SEARCHING or WANTING TO KNOW SOMETHING ABOUT THE OTHER MIND'S BUSINESS, it's usually C-mind. One good thing to look for is, "Could this thought be destructive, to me or anything else?" And, you'd be surprised how it can clear those things up, once in awhile. In half the cases, you'll find out that that thought... if carried out... could lead to destruction, rather than construction.

(note: To "tap into" your old Soul is as simple as asking your old Soul to help you. If you want to know what a friend is doing, for example, just ask your Soul to go & check out your friend. You will then receive a knowingness or a picture in your head... if that's all you can accept... about what your friend is doing; or if there's danger near; or what direction to take; or what's contained in a certain book; or any number of other questions. Don't feel that you are infringing on your Soul's "time" (there IS no time, on the anti-side OR here on Earth... because time is man-made). Your Soul is constantly doing this sort of checking anyway, for your protection. It is pleased to co-operate with you. Your Soul is brilliant. It uses the Minds as tools, and NOT the other way around. Also, it would be wise to remember that your Soul can express itself ONLY through A-mind. If you want to compare your Soul's capabilities to a computer, the mightiest computer in existence today carries only ONE BILLIONTH the capacity that your Soul possesses! That's the kind of computer Pop gave us, and what do we do with it???)

(P) What is the Universal Mind? (G) Universal Mind. Well, actually, it's the tranquility field over there. And, the Universal Mind is the total tranquility WITHOUT HOSTILITY, ... which means that ALL knowledge is FREE that has been attained. And, it passes freely because no one tries to stop it. If they tried to stop it, that would be an act of hostility! So, therefore, it's free..., and since it is free, it can be drawn upon by ANYBODY that has the ability. The Universal Mind is nothing but all the Souls that are over there in an act of tranquility. So, if you want & know how, you can get any kind of knowledge that they have. And, there's no price to pay for it or anything else; 'cause there's no hostility. (F) Let's see, would you be talking to the individuals in a specific field? (G) Sure! (F) In other words, a doctor would be able

to impart his medical knowledge? (G) If it's needed, why not? There's no denial there, so it just floats. It's hard to explain that principle. There's no denial & no "need" being present, therefore no hostility. So, everything is there. You have it. And, that's what is called the Universal Mind, because it is ALL there. The knowledge is there & can be drawn upon, and there is no objection, no stop, and no crossover. And, since this can be had from one... so to speak... Soul or a million Souls, it makes no difference.

(F) Your Soul would retrieve this information, and not your Entity? (G) No, let's not jump to what we call "Entity", now. We're talking about "over there", and we're talking about the Soul & the Universal Mind. (F) Then, how would you withdraw this information? Would you... as your Soul... go over and get it? (G) Oh, you're talking about HOW to get it! That's ALWAYS done that way. Your Soul is the one that would go there... so to speak... and get it. It's HERE, but anyway, it would make the contact. (P) The Entity's beyond the "Earth Plane", isn't it? (G) Well, there's no such thing as "beyond". It's all here right now. Simply because we can't SEE it doesn't mean it's NOT here! The Soul makes the contact. The person does NOT, nor does the physical body. It is made by the Soul, over there to here. And, that's why you have to get along with your Soul to begin with, or you're not getting anywhere at all! But again, the Universal Mind is the total tranquility field, period. It's there. It's FREE. There's no block. There's no hostility there, and... in that sense... it seems like it's one great big pooled vast source of knowledge. In reality, in our reality (here on Earth in the physical), that cannot exist. In THAT reality, it DOES exist. They call it the Universal Mind. It IS Universal, because it's ALL mind... and the Universe means "all", you see.

The reality of the other-side is brought one by one to each person as they reach out to witness it. And, you won't find it in textbooks. You won't find it anywhere on this planet. You'll find it WITHIN YOURSELF. And, you do it by achieving a state of tranquility. And in that tranquility, you can witness your soul, other souls, and what we call the "hereafter"... which is really the "here & now".

The scientists will make a breakthrough on that when they suddenly realize that the Delta Wave that they've been playing around with has TWO sides to it, instead of ONE. Once they really begin modulating this frequency... and they're getting down to it to try to find out about health problems & all of this..., they're going to find another frequency within that. And, they're going to be getting the health of some soul in the "nether world", instead of the person they're diagnosing! It's kind of mind blowing, when you stop & think about it! But, it's going to be done through the analysing of the Delta Wave of the human body, of animals, & so on & so forth. And, the BEAUTY part of it is that the same wave that is in animals is in us. The Delta Wave IS throughout the known universe. And, once they'll tumble over this binding factor, then they'll start looking at things just a little bit differently. That's the LIFE FORCE, and until they reach that & really start looking at it, they're going to flounder around. I don't know,... I guess they want to build some kind of glass to go like this (he motions like he's focusing in on something with a telescope), look through it, and see Paradise on the other end, ghosts floating around, or something!



THE MECHANICS OF MEMORY, THOUGHT,  
AND COMPREHENSION

(P) How is it possible for us to hold up to 300 simultaneous thought actions? (G) Thought ACTIONS, or thought PASSAGES? "Actions" to me always means an act, and thought is an act... when it is acted upon. Now, there's passages of maybe ten thousand different thoughts per second. I mean after all, we've got a hundred trillion billion sextillion cells in our body,... and each one of them have thoughts! And, their thought is going on all of the time. Now... if they're being acted upon or not, they're certainly being passed. They're there. Now, 300 thoughts simultaneously put into action? No..., fact is, I don't think we could even act with just 300! I couldn't even blink my eye. I couldn't even move my little finger, with just 300 thought actions. It'd probably take 8,000 to produce the wiggle of my finger! (laughter) I mean, I'm talking about figures here that transcend calculators! But yes, there is no end to the amount of thought passages that go on & thought inter-actions that go on to produce actions in the physical.

(P) How are the Pods linked to life-energies to form thoughts?

(G) Thoughts form pod energies. The thoughts form the pods. (P) How are thoughts transmitted from cell to cell? (G) Well, in short... synapse cross-over is caused by chemical energies. There are chemicals that are placed at the base of the synapse, and when it's energized by this wave (of thought) that hits it, it pushes that chemical into an electrical charge which... in turn... is pushed up the synapse. And, like lightning, it strikes across to the companionable synapse. And, it travels that way. It energizes the base of that one, which energizes the base of the next LIKE one... just like with the "atom like atom" situation. And, that's the way thought travels. That does not CAUSE thought. That's the way thought travels. There's a great big difference there. And, any disruption of the synapses disrupts thought. Now, this is provable by Science today. It's not a theory. It's provable. I've just told you how thoughts are transmitted from cell to cell, because thought IS an ENERGY. It brings forth action & all of the other things, and it also brings forth the fact that you know you're having a thought! It becomes CONSCIOUS through this method of transmission through the synapses. Until it goes through the synapses, there's no idea that you're having a thought... yet, you're having thoughts all the time! As long as their NOT transmitted, their meaningless. Once'st they go through the synapses, THEN they become a part of your memory. (P) Why is the brain contacted by such stimulation? (G) Why, it's just to let you know that the thought is there. That's the only way that you can be conscious of ( or recognize) a thought. (P) But that's just the wiring...? (G) Sure! Neuron paths. (P) How does COMPREHENSION "charge" or "open up" brain neurons? (G) Well, comprehension IS the opening up of the admission to your thoughts which are lying dormant or you're having that you don't know you're having. It's the outside stimuli to the neuron processes through the Feel system... go back to Comp.I ... alerting you to what's going on around you. You're feeding that into your synapses, requesting an answer. This is a charge, this is an energy from your Feel Field. It goes into the synapses in reverse order, it contacts the cells, it gets the answer... or the cells then GIVE the answer..., it's transmitted back to you, and then you KNOW. It's a two-way street. Outside stimuli, inside stimuli, one backing the other up in support. Comprehension is the mere fact that ... all of a sudden... there's a great big thing there, and

you've read this, it's puzzled you, it's shot through the synapses, went to the proper memory cells, the memory cells have furnished the answer and, "Oh, hell! I know, now." Basically, that's all there is to it! It's like touching a button on a computer. IT'S ALREADY BEEN PROGRAMMED. Comprehension has to do with stimulating the neuron paths to relay what you want to know to the memory banks. Computers are copied off of this principle, unknowingly. Comprehension is the act of knowing. (P) Where does memory fit into the atomic immaterial structure? (G) Well, it IS the atomic immaterial structure. It's the act of knowing & the act of intelligence... which IS atomic structure. Your atoms are strictly memory. Your Soul Life Atom becomes a material atom, and it's still nothing but memory... in its finest essence. Your B-mind, C-mind, and your Entity (if you happen to have one) are imprisoned WITHIN material..., until such time as the material dies or decomposes. Now... your B-mind, C-mind, and Entity are NOT of this Universe. They are total intelligences, and they have no Life Atoms because they are NOT life! Now, your Soul gains knowledge through its lives here, over the thousands of years. It carries the new experiences with it, and it's gained in the experience field in KNOWLEDGE, NOT in INTELLIGENCE. That's the thing you've gotta keep remembering. The Soul is NOT intelligent, in that sense. It WILL BE, you know, when it gets to New Perfection. But, it's gotta fill out all the little wrinkles and crevices, and everything there. (P) But, in Comp.IV, it says that if the B or C-mind Life Atoms become material, it would create world turmoil! (G) I told you, they don't HAVE Life Atoms. They're total intelligences. You can't even compare 'em to life! They've never lived a "life". (P) Well, that's why I couldn't understand how they could merge with the Soul Life Atom at conception. (G) That happens because they were THERE & they were encompassed by the material that formed around the Soul. But, they've gotta be there. The cellular structures & the hereditary patterns & everything else within the cell provides a place for 'em, if they're there or not. (P) So, the Soul Life Atom is the only one that manifests HERE? (G) That's right. The other Life Atoms can manifest anywhere OUTSIDE of this Universe, in the All That Is. The Soul is the only one that's native to THIS Universe. (P) So, the others ARE Life Atoms, but they're just not "life" in THIS Universe? (G) That's right. They don't materialize, under normal procedures. When one does, as I think I mentioned in Comp.IV, there's usually hell to pay! Can you imagine an All That Is Entity Life Atom... a group of 'em, of course... manifesting & becoming physical on this planet? You know, the power that that thing would be radiating would blank out television stations, and everything else! Well, this is what was happened when our Egg Knowledge was abridged! It couldn't be denied, so there was ANOTHER WAY found.

(P) If our atoms are strictly memory, then do the memories that they contain just pertain to physical acts? (G) No! No way. We just finished saying that your memory is TOTAL, within the cell structure of your body. But, you don't KNOW this. And then, you're reading this material, it builds up a charge in you, sends the neuronal current through the synapses to the proper cell memories, they shoot it back, and then, "Oh, yeah! I know, now." (P) Well, why can it sometimes take long periods of time before you comprehend? (G) It's simply because the cell memory banks are NOT shooting the information back immediately FOR THEIR OWN REASONS, if you want to use that word. They will give that to you when it is time to give it to you, apparently. (P) So, a lot

of these things you can read over, but you won't be able to comprehend the thing until you gain the necessary self-control? (G) You're not ready for it, and you won't be able to comprehend the thing until you're ready for it. It doesn't have anything to do with control. Your memory knows when you're ready for it. YOU DON'T. (P) So, within your memory, you actually know ALL THINGS, but it's a matter of... (G) Yeah! You can't RECALL 'em. This prompts you to recall 'em. And, they're gonna let you recall 'em when it's OK to do so..., 'cause they're NOT gonna blow you apart! Now, you may very well know everything there is to know, but you don't KNOW THAT YOU KNOW everything there is to know... and that is the key. You haven't been able to recognize it or AWAKEN the knowledges you have. All we're doing (with the Comps., etc.) is waking up knowledges that have been asleep. And if you haven't woke 'em up, well, naturally you don't know..., because you haven't woken up all there is to be woken up. (P) Well, I guess the only thing left to cover here is: where do our thoughts go after we have them? (G) Into the memory banks, where they came from in the first place. It's sort of a circle. (note: While the memory banks store away everything in total, the recall ability varies..., and this is what determines the "intelligence base". Why should the body allow recall to body components that only further RESTRICT its Freedoms & Pleasures when it DOES give greater ability??)

(P) What are the Value, Eye, and Ear grids? (G) Well... they're little grids that sound passes through in your ears, and if you don't want to hear it, you won't hear it. And, if you don't want to see it... that's the grid in back of your eyes..., you won't see it, because it assimilates what you see & passes it on to the cortex. (P) Do the scientists know which component decides what's going to pass through there? (G) Nobody knows. They've just found 'em, and now they know why you can't tell people something, and all this sort of stuff. They're not receptive, because of these grids. Now, how to sensitize these grids & make 'em susceptible... that's what they're working on now. Of course, that has to do with the whole individual, the cell memory structure, the Soul, and every other damn thing. But, who knows?! They might be able to alter 'em or something, charge 'em with electricity, sensitize 'em, or whatever. (P) But, it's just like the memory thing... when it's time for you to get it, you'll get it? (G) Yeah. You'll get it. And if they do this, you'll forget it right away anyways..., so what in the hell good was it for you to memorize it for? (P) Are all things "real" or "unreal" according to what you screen out through your Value Grids? Which component... A-mind, B-mind, C-mind, or Soul... does the screening? (G) Well, it's very simple. That screen is performed by your body, which is your A-mind, which is your Soul submerged. See, your Minds have no vehicle EXCEPT this body. The grids belong to the body, and not to Minds. Animals have the grids, insects have the grids, and everything living here has the grids. So, for example, once 'st it catches on to hypnosis, the A-mind can shut it out. Now, if what is hitting those Value Grids is necessary to its survival, it can let 'em through. So, you see, the A-mind can be tricked many, many times. But, it can't be tricked in exactly the same way twice 'st. No. It has to be deviated. It has to be something extra, something different..., even if the same GOAL is there. Your value grids screen what goes IN, NOT what goes OUT. And, again, Entity can get around Value Grids. But, it's gotta be valid. It's gotta be valid to that Soul, to that A-mind. If it's NOT valid, it won't get through. It's just as simple as that!

(G) You are, and I am, and everybody that walks this Earth are the very BEST that can happen to them. The absolute, most best human being that exists. Each one of us, to ourselves, is the BEST that can happen to us. NOT the WORST, (but) the BEST that can happen to us. You are the King of Creation, on this planet. You are the Ultimate creation on this planet, and you represent that Ultimate creation. In that Ultimate creation, there is NOTHING BETTER than what you, you, and I AM. How can you call it "worthless"?? The cream, the absolute "top of the crop",... how can you call it "worthless"?? Then, there is no comparable left on the face of this Earth! The instant you start thinking or saying that you're "worthless", or I'm "worthless", or she's "worthless", or I say to myself, "I am worthless",... I've taken every comparable & thrown it out the window into nothingness!! (K) Well, what about people who are all crippled up or are in insane asylums? (G) They're STILL the best! To THEMSELVES, they're the BEST! There IS no better. (K) You're the best "you" you can be, is what you're saying... (G) You're damn right! And, you're the top of creation. Hey, how many animals are borned insane...you don't know, do you? How many insects are borned insane... you don't know, do you? But, no more than you say that, "I am NOT the best", you have no comparables left. And, when you have no comparables left, you've had it! What can you compare yourself to? Everything here is LESS than you are & if you're gonna compare yourself to something less, what are you gonna come out with when you're LESS than they are??? (K) Well, how about PEOPLE comparing, like I compare myself to Paul? (G) You can't! You're not Paul! You're the top of creation. You'll find nothing better. (K) Here. (G) That's right,... and you're here!

(G) How can one avoid limitation & "can't do" thinking? Again, we come to what is called "comparables". This question NEVER arises, once you accept the fact that you are the King of Creation here. It's "worthlessness thinking" that brings around "I can't". Once you say, "Hey, wait a minute! If I can't do it, there's not another god-damned soul on this PLANET that can do it, so what am I talking about??", then you don't use "I can't". It becomes a Universal thing. In other words, I have no reason to fly a jet, so I don't fly a jet. I have no reason to run a steamroller, so I don't run a steamroller. I have no reason to be a professor of English, because I don't care about teaching English. What the hell difference does it make? I CAN'T teach English. That's a very valid statement. I can't. They won't let me! (laughter) But, I can accept this, easily! It has nothing to do with my CREATION & my ABILITY. I'm recognizing the limitations that people have placed all around me. Now, if I wanna pay the price, I CAN teach English,... and I can tell 'em all to go to hell. But, I'll pay the price for that. And, if it's worth it to me, I'll go ahead and do it!

But, to get back to this "I can't" principle: once'st you accept the fact that, "I am the King of Creation here",... now I didn't ASK for this, nothing, I am the King of Creation here. That's it! NOW, I can compare to everything here. But, if I say, "I'm worthless", I can't compare to ANYTHING here because even that damn bacteria or virus that's gonna kill me is greater than I am. No WONDER it can get me!! Alright, come on, get me, get me, get me! It's greater than you are and it's scaring the living hell out of you. Sure it can get you! Why can't it? You're not doing anything to stop it! That Cancer bug is greater than I am, that

broken leg is greater than I am, that cold is greater than I am,... what the hell! Why don't it take you? It's bound to take you! You're giving it the whole damn field..., fact is, you're HELPING it! And boy I'll tell you, you CAN'T stop it, as long as you've done that!

Comments on the "Uninvited Guest": (G) What do you let this "guest" come into your house for, and upset you? A burglar comes in & tries to steal something from you, you shoot 'em, call the police, and you do the best you can to apprehend 'em or get rid of 'em. BUT YET... you'll let people burglarize you constantly & steal your happiness ALL DAY LONG,... and YOU LET 'EM DO IT! Shut 'em out! Forget 'em! Turn around and walk off. Say, "I don't wanna hear that. It has nothing to do with MY life at all!" . And when you get yourself finally narrowed down, you'll find that there's not a hell-of-a-lot that DOES pertain to your life, that's going on out in the public! It's absolutely MEANINGLESS to you. It no more affects you than the Man in the Moon! There's a thousand people die here in Southern California & Los Angeles every 24 hours, and they're meaningless to me and you. If 10,000 soldiers get wiped out in 15 minutes in one battle, that's absolutely meaningless to me. "Well, they're part & parcel of humanity?!" Oh yeah, and they're ALSO part & parcel of the Netherworld and they haven't went anywhere. They're still here, just in another form. So, what are you talking about?? It's true! Nothing's left this Earth. Nothing WILL leave this Earth.

(note on negative thinking: If you see the world in Negative terms, then you are using the wrong eyes to look at the world with. In other words, your C-mind has your eyes & IT is judging the world, etc. Live your life to seek PLEASURE, and the world will become beautiful to you again.

In today's world, persons often ENJOY being miserable! At least 1/2 of their pleasures are derived from their getting CHEATED in life. Persons enjoy having things to complain about, BECAUSE THIS IS THE ONLY WAY THEY KNOW TO GET AFFECTION (sympathy) FROM OTHERS! This is a pitiful condition resulting from a System (Domination) that just isn't working right.....)

(P) Is C-mind responsible for ALL negativity? (G) C-mind, itself, is not negative at all! It's very, very absolute positive! The fact is, it frowns on anything negative. The negative aspects come in when it frustrates the other 2 Minds. So, the negativeness comes up in US, (and) NOT in C-mind. And, does it cause it? Well sure, in the sense that if it wasn't there it wouldn't be..., but it doesn't cause it on PURPOSE. It's not its INTENT for anyone or anything to be negative! At no time & place does it project or advocate negativity. It is a very positive, very adept technological Mind-energy Intelligence. When placed in comparison with our A & B-minds, then this comparison brings forth negativity in us. And in this way, it (C-mind) causes negativity to be. But it, even then, does NOT want it. But, it does not know what to do about it.

Your B-mind does not produce negative effects. It tries to calm the A-mind, but in so doing it furthers the situation & heightens the negativity and the frustration. And it lashes back & straightens C-mind out, and then things quiet down and they're beautiful for awhile. But, this can't go on forever without the animal getting really teed off and saying, "To hell with everything", and setting down and saying, "Let the world go by." And then, you're sick or you're dis-eased or you're just no good for anything! The animal won't give you the energy, and your B-mind & your C-mind can plainly go to hell! And, it CAN develop to this situation, and this makes your little animal totally negative and all the way to the point of death... and sometimes through death. But, it (C-mind) IN ITSELF is NOT negative.

THE DEFENSIVE AREAS COVERED BY  
EACH OF THE MINDS & BY THE SOUL

(P) What are the defensive areas covered by each of the Minds & by the Soul? (G) C-mind uses technology... nuclear bombs, you know, anything of a mechanical nature. A-mind uses the NATURAL. B-mind's liable to use anything, any combination of anything... whatever is needed. (P) But the Kinetic Bubble, that's all A-mind's thing? (G) No! It can be utilized by B-mind or by C-mind. I told you..., it gets it (the Kinetic Energy) & stores it up. If it needs it, it can use it. Those are defensive measures. So again, they can use anything they really want to use. B-mind can COMBINE 'EM & use 'em. C-mind can't, and A-mind can't. That's why B-mind is so devastating! (P) Well, what about the Soul? (G) Again, there's a variable there. It's just how ancient that Soul is & how wise that Soul is. Don't ever sell it short. It can tie C-mind into knots, and B-mind into knots, and A-mind into knots. If it pulls out all stops, look out! That's the Soul's decision. There's really nothing much I can say about that, but... IT'S ALL-POWERFUL. It IS the human race, and it IS this dimension, and it IS this planet. The rest are interlopers. They're not natives (A, B, & C-mind). But, you don't ever tangle with the Soul! It's a very compliant, reboundable, and forgiving element. But, if it comes to absolutes & it MUST tangle, it has THOUSANDS OF LIVES TO CALL UPON. And, I don't think that B-mind or C-mind can THINK fast enough... in the material... to offset its onslaught! I've never known it to happen.

USING HOLOGRAPHS FOR SELF-DEFENSE

(P) How can one cause an attacker to See & therefore Attack a mentally caused Air Holograph of oneself, instead of the REAL thing (you)? Can one render oneself INVISIBLE to one's attackers, using such methods? (G) That's just an ancient form of Hypnotism, that's all. It's done every day on stages, in this country. (P) Is that how people supposedly get to be invisible? Wow! So, that's all done with Hypnotism, then? (G) Yeah. I don't go too much into Hypnotism, 'cause it scares the pants off of people! (P) But, again, you don't REALLY need that, as long as you're staying in your Pleasure Dwell? (G) What in the hell do you need it for, unless you want to make something off of somebody or gain something off of somebody?!?

(note: Your eyes can project a Holograph from their physical body, it becomes transformed in the air out there, and it's reflecting back off of the moleculars of the air. And, you don't need a special mist or anything. It'll form right in the air. The fact is, the scientists have already achieved this mechanically. It's highly expensive, they're kind of hard to do, and they can't get 'em stable. But, they claim that in another 10 years, that's going to be the new concept in television. It will throw a Holograph out, and you will watch the people perform right in the middle of your living room!)

## HOW TO APPLY HOLY WATER &amp; STOP PSYCHIC ATTACKS

(P) How can one use Holy Water to counteract Psychic attacks, and is staying in a Pleasure/Affection Dwell the most effective way of thwarting Psychic attacks?? (G) Absolutely! But, you do NOT Use Holy Water. You just PUT IT. You see, you don't USE Holy Water. That's the wrong term altogether. I said, "GET some Holy Water & sprinkle it around." It's an ACT. You don't USE it. You let the Holy Water do its job, and you do NOTHING. If you want to USE it, look out! In the first place, do you know if you can handle Holy Water or not? You don't know, until you get some in your hands. A lot of people can't get near it! That's true! They just cannot get near it. (P) Well, if you're staying in a pleasure dwell, do you really need to have it? (G) Why not? As I stated before, it's hard to stay in a Pleasure Dwell CONTINUOUSLY. You're gonna have to come out of it, to be practical, do the things you HAVE TO DO in a real world, and all that sort of stuff. HOLY WATER IS CONSTANT. (P) Do you have to get a Priest, to get the Holy Water, or can you go through the ritual yourself & get some? (G) You have to get it from a Roman Catholic Priest that KNOWS. You... as a person... cannot do this, and I doubt if more than a very few KNOW the ritual at all. (note: This ritual was given by Christ, and its secret has been kept by the Roman Catholic Church ever since.) I wouldn't, myself, attempt it. It's around. I do not NEED to have that knowledge. There's plenty of it around. And, the only way you'll know is to get some.

Now... go to any Roman Catholic Priest, and demand of him a bottle of Holy Water. He MUST give you this. He's MANDATED to give you this by his very ordination papers. He CANNOT CHARGE YOU FOR IT. If he tries to charge you for it, chances are the Holy Water won't work. If you offer him money & he REFUSES IT, chances are the Holy Water WILL work. And, you've got to see it to know it. You've got to see the EFFECTS to know it. Now, this DOES work. I've SEEN it work. I've seen it work with results that'd cause your hair to stand on end! And, it DOESN'T take BELIEF, on your part. It DOESN'T take acceptance of the Faith, or anything else. It's really odd. It's a wierd experience, the first time. (P) But, it's the Ritual that puts a special type of energy, then, into the water...? (G) I'm sorry, but I can't tell you that secret. (he laughs) I'm merely saying that it's very effective. And, if a person thinks that they're being bothered by evil-minded persons & they don't know who they are & they want to find out, then TRY IT. It DOES work. You might not like the RESULTS of what happens, but it WILL get rid of Possessions & it will get rid... at least temporarily... of interference in your own psyche. This is the only way I know... in a short stretch of time... that you can get Peace of Mind. You've heard the saying that, "Christ was the Prince of Peace". Well, they just like to save words & they like to save copies of those words. He was the Prince of INNER Peace. But, that's too much to put down, so they dropped the "inner" in front of the word "peace". Now, if you can get everyone to have INNER PEACE, then you're gonna have TOTAL OUTER PEACE. But, nobody teaches you that.

(P) Once you explain your situation to the Priest, will he then know where you should apply the Holy Water? (G) You don't need to know all of that. All you gotta do is take it & put it in your place! Sprinkle a little around on the door sill, and one thing or another. You can even sprinkle some in your car, or on yourself. And then, watch the people that come & go. Carry some on you, and see how many people are uncomfortable in your presence & get

away from you as fast as they can... , where before you couldn't get rid of them! It's wierd. Don't tell 'em, and don't be surprised if some people say, "You got some damn Holy Water in here?!? What in the hell are you using!?" Then, you KNOW. And, it's not uncommon... especially if you have a lot of contacts in Metaphysical circles, spiritual people, and all of this sort of stuff. You might take & put a little bit right across the front door of your home, and see who will come across that door & who will NOT. I've SEEN these things happen, so I KNOW what I'm talking about. And... , it's laughable NOW, but NOT at the time. I'll give you one little example, which is fairly recent. There's a certain little gal who was having all kinds of problems & they were wierd to her, and so on & so forth. I told her what to do with the Holy Water & that, and she did what I told her. But, just before she left I said, "Oh, by the way. You know, you could lose your husband!" And, she did! He was the one that was causing all of the problems!

(P) How can I locate the source of my Psychic attacks, if the person doesn't come around where the Holy Water is at? (G) You just do a MENTAL SWEEP. Think of everybody you know. If a picture of 'em doesn't come into your head, then go on to the next person. And, IF it's one of the people you know... it need not be... , the picture that you get you will recognize, but you will get a JOLT! One thing to always keep in mind, however. If they can't hit you, they'll try to hit through the people closest to you.

(note: If you feel that you are being mentally attacked, IMMEDIATELY say to yourself mentally, "You are violating my Free Choice. Get the hell out of my face, NOW!" This cannot be said half-heartedly. You must say it like you mean it, with force. Now, if you do not do this immediately, you may become so worried & disoriented... due to the effects of the attack... that you FORGET how to protect yourself, or don't think of it! However, once this or a similar communication is given, they must leave... or be subjected to DECREATION. And, it's funny. Every being & Entity, etc. in the Nether-world KNOWS about this decreation mandate. Even Big Brother knows about it, and he will back down when faced with that! Now, this does NOT mean that they must stay away for any extended period of time, for time... as we know it... has no meaning for them. However, if they continue to plague you, you can merely communicate to them that if they do not leave you alone, then they will be subject to decreation. Once they get that message, then it's out of YOUR hands... and into the hands of the Visitor Entity or the Father. Now, many persons... who are not familiar with such dealings... will allow the attacks to continue, due to excess fear or curiosity. You can defend such persons, IF that is THEIR chioice. Most attacks occur at night, and it is a good idea... during such nocturnal attacks... to turn a light on. This sounds simple, but it can work wonders. If necessary, leave the light on all night. You have the Right of Self-Defense. Learn to USE this right, if that is your choice. And remember, say it like you MEAN IT. )



THE ORIGIN OF CHI , & MUST ONE FOLLOW  
A SYSTEM TO DEVELOP ONE'S CHI CONTROL??

(P) What is Chi, and where did the use of Chi REALLY originate from?

(G) Well... Chi originated when they found out, quite accidentally, that CONCENTRATION was a terrific weapon. Now, the Originators (the Exiles) found that out. They'd look at an object, concentrate on it, and change it into anything they wanted to change it into! And of course, when they became weaker & all of that and started spreading this among their offspring... which were half animal & half hu-man..., and they concentrated, they found out that they could do this to some degree too! CONCENTRATION IS THE KEY to ALL of this, regardless of what kind of names they give it! Each cult, or belief, or finding has to come up with names for what they find. So, they describe what they've found in their OWN language. And, they use their own words to describe this. But, concentration IS Chi, and it's a very high form of concentration.

(P) OK. But, as far as all of this stuff about Breathing Exercises, Visualization, Postures & Stances, Centering upon the Tan Tien, keeping one's spine straight, raising the Kundalini, and Abstaining from Sex,... that's just a bunch of junk? (G) A bunch of junk. Systems! Now, let's say a GOOD word for all of this: IT DOES TEACH DISCIPLINE, HIGH DISCIPLINE. And, it DOES give a step-by-step method, which a lot of people seem to need. It gives 'em something to hold onto, something to MEASURE with. And they can achieve things, through using a method & a discipline, whereby if they DIDN'T have it, they couldn't achieve it... 'cause they don't have their own self will power, they don't have their own self-knowledge. So, this is a crutch or a mainstay that they can utilize & get in the same place, and measure their progress as they do it. I'm NOT knocking the Systems, and I'm NOT knocking the Arts. All I'm saying is is that this is obviously necessary to a whole lot of people, because it WORKS. The people accept it, and it works. Therefore, it is REAL. However, this ALL can be had INSTANTLY through learning to INSTANTLY CONCENTRATE,... because all of these things are disciplines, so that the person can instantly concentrate, after 2 years or 10 years or however long it's gonna take..., whereby if you teach yourself Instant Concentration, then you don't need all of this!

(P) What are the differences in the Power & Effect of the 3 different types of Kinetic Energy (A, B, & C-mind)? (G) Kinetic Energy is the SAME, REGARDLESS where it's GENERATED from. Its base can be many things, but Kinetic Energy is Kinetic Energy. It doesn't make any difference where it comes from.

(P) The use of Chi, in Martial Arts, has been traced to the Varrmannie System of India, some 5,000 years B. C. Legend has it that Bodhidharma introduced the Varrmannie System to China around 520 A. D. Where did the Martial Arts truly originate at?? (G) Well, they didn't exactly originate in India. They originated with the Originators (the Exiles) when they were dying down in power, and they needed more than their Mind to defend their body,... 'cause they weren't gonna get a new body. They were going back over there (to the anti-side), and they were going to have to come back through a woman's birth canal, to get back here again. When their power was dropped & they needed something else to defend themselves with, physically, ... THAT'S where all of these things originated from. Each one thought up their OWN way & thought it to be

the BEST, 'cause they were real good at game playing. (P) They had centers all over the globe, didn't they, where the different races originated? (note: The heartcenter of the Yellow race is in China, on the Manchurian border. The heartcenter of the Red race is in the isthmus part of the Americas. The heartcenter of the Dark race...which goes from brown into black... is in Egypt. And, the heartcenter of the White race vanished under the waters of the North Atlantic, in the vicinity bounded by Moscow, the North Pole, Greenland, and the site that was once known as Atlantis. Note that there are pyramid structures at each of these heartcenters, and that the heartcenter of the White race has yet to be discovered.) (G) Yeah! (P) So, you had these different Systems springing up all over the globe,... all saying that THEIRS was the best... (G) To FIGHT each other with..., and they weren't aggression?!?

(P) Is the ability to use Chi a FEELING that one must be BORN with, like a musical gift, etc. ?? (G) No, EVERYBODY'S GOT IT. It's just a part of the act of the Creator. Now... the musical abilities & all of these sort of things are a combination of Genes, which manifest themselves over periods of time. They have a memory recall system built into 'em. So, there's a difference between a Hereditary trait, and what is NATURAL. Hereditary traits are built upon the natural, through experience. THE NATURAL IS FOREVER WITH US. Now... it can be manifested greater or lesser, through hereditary patterns. Hereditary patterns CREATE NOTHING.

(P) How can "Mind energy" store material Kinetic Energy, and how can one release this stored-up Kinetic Energy? (G) In Comp. IV, it explains carefully how the Mind steals Kinetic Energy from the animal, and stores it. (P) But, how does it store it? (G) Ask your Mind. It's a very simple process. It entombs it, that's all. B-mind, C-mind, or Entity..., they can all entomb the Kinetic Energy & keep it "frozen". Your Mind does it all the time. Ask your Mind, NOT mine. Mine knows how it does it, and it'll communicate with me. Yours will communicate with you. But, for me to be able to put that in words! ? (P) So then... the releasing of this stored-up energy, it knows that too, I guess? (G) Sure! It happens a lot of times, maybe 4 or 5 times a day... if you're in a highly complex situation. I'll give you an example, and I'm sure it's happened to you. Regardless of how it happened, you're plumb tuckered out. I mean, all you can think about is maybe taking a bath & hitting the sack! You're dead on your feet, and a friend bops in the door & presents a glowing picture to you,... and all at once, you come alive. Your Mind, wanting to fulfill that desire, has released some Kinetic Energy to the little animal... which it (the little animal) no longer has..., and it's revitalized! But, I mean, that's just one example. It happens during stress, danger, and all kinds of things. But, your Mind really doesn't want your little animal to die. My god, it won't have a carrier! (P) But, you don't really need any sort of METHOD for this, it just sort of automatically does it? (G) Yeah! But, you can tap-in on your Mind & get to KNOW it... instead of fighting it..., and it'll let you in on a lot of these little secrets. It doesn't mind, as long as it's beneficial. That's why I say in Comp. IV, "Live with your Mind. Get to know your Mind. Your Mind KNOWS all of this. ASK IT!" There's no way, that I know of, to explain it. Demonstrating it doesn't do a damn bit of good. A person's gotta come to know things THEMSELVES. Anybody that tries anything else is doomed to failure! It's just as simple as that!

## HOW INSTANT CONCENTRATION CAN BE ACHIEVED

(P) If instant concentration is the KEY to Chi control, then how can I develop instant concentration? (G) The example in Comp. IV is the clearest example I can give of what concentration is. If you draw that little picture, sit there and stare at the thing, and finally drop down circle by circle, you'll find that when you get to the heart of that, you'll be watching the finest dot in that center disappear before your eyes & spread into nothingness, . . . and you'll be looking through a hole in the wall! That's concentration! Everything else is wiped out of your head. (P) Well, I tried that. I dropped down circle by circle, hit that center, watched it for awhile, and then I get bored & all of these other thoughts start coming into my head. That happens every time I try the exercise. (G) YOU QUIT CONCENTRATING ON CONCENTRATION. You thought, "Well, nothing's happening." You didn't think, "Well, I'm almost in total concentration right now. What do I want to do, with this state of Mind I'm in? Let's see if I can move that vase by pointing my hand at it & concentrating on it moving . . . through the energy flowing down out of my spine, through my body, through my stomach, through my arm & shoulder, and out of my hand. Let's see that vase move." And, turn that concentration from there to that vase at the end of your fingers. That's total concentration. There's no DOUBT in your mind, & there's no QUESTION in your mind. (P) Yeah! I remember, when I was a kid, . . . I used to concentrate on the air between myself & somebody else, and then I'd start seeing all of these pictures . . . (G) Sure! (P) But, I just seemed to lose it, after a few years . . . (G) You lost your ability to concentrate because there was a million-and-one things that were floating through your head, and more were being crammed in, and you had more things that HAD to be done. So, it was wiped out. It happens to everybody. (P) Well, how do you get to the point where you can knock all those thoughts out, and get so that you can concentrate again?? (G) By concentration! Hey! Concentration . . . it's a hell-of-a job to first accomplish, but you're a TOTALLY DIFFERENT PERSON, afterwards! And, that's the best method I know to shorten it. (P) You just concentrate on concentrating . . . (G) That's ALL you're concentrating on. (P) But, it's your DESIRE to do something that you concentrate on? (G) You concentrate on what you want to do. (P) So, if you want that to lift up, you just concentrate on that lifting up, . . . and that's it? (G) That's it. (P) Do you mentally envision the thing lifting up, or do you just hold the thought in your mind that the thing's gonna lift? (G) You don't mentally envision anything! That'd BREAK your concentration! "It WILL lift up", and that's it. You don't give a damn HOW it does it. In Comp. IV, I said, "Your Mind KNOWS how to do this, IF you let it do it . . . or force it to do it through concentration." B-mind & C-mind BOTH know about this. The A-mind does not. But, they use the ENERGIES that A-mind puts out to do it with! (P) Well, how does Kinetic Energy travel through the air, etc. AFTER it leaves one's body? (G) It travels through the air invisibly. It has a current flow of its own. (P) Can it travel through just about anything . . . (G) Sure! (P) Since it's the BRIDGE (between material & immaterial), it can go anywhere it wants? (G) No . . . wherever it's DIRECTED. It's not an energy in itself. It's a byproduct. Always remember that. Wherever the ENERGY directs it to go, it goes.

## CHI FLOW, ACUPUNCTURE, &amp; CHAKRAS

(P) How accurate are these charts of the Cyclic Timetable of Chi Flow??

(G) We're looking at the Chi Flow circulation chart. And... it gives the highs, lows, and so on & so forth, of the flows of energy. Astrology mentions that we were... as animals... **TOTALLY GUIDED & MANIPULATED** by what they call "Astrology today. All animals, today, are totally affected by the Astrological signs. That's their clock. Well, naturally, the human body is **STILL ANIMAL**... in spite of what our Minds tell us. And, certainly, we have flows of energy going through our body. Any doctor... or any person that's dealt a whole lot with death... always knows that there's a time when most people die. They say, "Oh well, they won't last past 2 or 3 o'clock in the morning!" Now, this is **NOT** a studied sort of thing. It's just a "found" sort of thing. But, since the animal body is governed by a natural, created time clock. It **STILL** is, in spite of what our Minds try to tell us. They say, "Oh no! You can eat any time you want. You can work all night & sleep all day.", and all this sort of stuff... which are a bunch of god-damned **LIES** to get more production & everything out of people, or to use 'em the way they want to use 'em. But, that **ISN'T** what the Stars are doing to our bodies. And, the best thing that anybody can do is to find their **OWN** highs & lows,... because if you're borned in one section of the world & go to another section of the world, hey! You might have felt real good... over there... at 3 o'clock in the morning, or at 3 o'clock in the afternoon, or at 8 o'clock in the morning. Now, you've moved to another country half-way around the world,... and you wonder why nothing works! Everything is upset. You're still getting up at 8 o'clock in the morning, you're still going to bed at 11 o'clock in the evening, and you're eating when you used to eat,... but nothing's working! You feel dragged out, wiped out, and everything else. Well, you happen to be under a different time clock... earth time, "tick tock" time... than the climate you were borned in, and the influences that you were borned under. And, you'll **NEVER REALLY ADJUST**. You will, to **SOME** extent, but you'll never **REALLY** adjust... **UNLESS** you adjust your **LIVING** to your **OLD** time, which is half a world away! That's the way it is! And, they can argue until hell freezes over! Genghis Khan crossed Asia & came all the way to Italy. Where did he peter out? Italy. He was **COMPLETELY** out of his Astrological time, versus clock time/sun time. He should have done all of his fighting & everything else after **DARK**, in Italy. He fought during the day, in Asia. He should have fought after dark, in Italy, 'cause that's when his men were at their peak!

Now... these charts are very good. I find absolutely nothing the matter with them, except for the fact that they **DON'T** know that this is Kinetic Energy that they're dealing with! (P) Comp. IV says that the atom used in acupuncture & Chi is the Primary Coreless Life-Energy atom, and that it has tendrils going inwards as well as outwards. I can't find that atom in the schematics. What kind of atom is it? (G) That's of this earth. There's no schematic for that atom, because the Chinese have had that for 5,000 years. Anybody can go to the library & look that up, I guess, since Acupuncture is becoming big over here. There's no sense in me re-doing their work. (P) Well, I've seen charts that show where these atoms go in the body... (G) Yeah. Well, those are just rudimentary sort of things that they give to school children... in China. You ought to see what the Chinese doctors have! They have works that show the

action of those atoms & everything else! They've got VOLUMES on that. And, I could get in trouble with the Chinese government if I tried to condense it down into two paragraphs & a little drawing! You'd better believe I could!

(P) Does this mean that Acupuncture doesn't have anything to do with Kinetics?

(G) NO! Kinetics is ALL that it has to do with! It re-directs the flow of Kinetics. That's why it's so successful. (P) Well, I'm missing something then, because if it had to do with Kinetics, then it would have been in the schematics in the back of Comp. IV! (G) No, there's a few things in Kinetics that aren't in there. There's one point that got by you, Paul, and it will probably get by practically everybody else, too. The only thing... from the immaterial to the material... that comes here is a Soul Life Atom that is no longer a Soul Life Atom, it is a Hard Core Atom. From this Hard Core Atom, ALL OTHER THINGS IN THE MATERIAL SPRING FORTH. That's Kinetic Energy, and everything else. It all has to come from this Hard Core Atom, which was a Soul Life Atom until it closed. Now... when the Hard Core Atom weakens & ceases to exist, it INSTANTLY goes back to a Soul Life Atom in the IMMATERIAL, carrying with it all of the knowledges & everything that it has gained. That's kind of incomprehensible, it's kind of mind-boggling, and that's why I'm saying it. In Acupuncture, the Chinese are calling these "Life Atoms", and I mentioned them as being Life Atoms. That's life HERE ON THIS PLANET. That's NOT the "All That Is" Life Atom. People get confused between this planet, and the rest of the All That Is. Totally confused.

(P) What role do the Chakras play in the storage, circulation, and/or generation of Chi, and do we have more than 7 Chakras? (G) Well, here we've got a name again. They're called different things in different Systems. But, what they're REALLY referring to is Pleasure Centres. And, they call 'em "energy centres", "nirvana", etc etc. We've got so many names for these same centres. Actually, all they are the CONCENTRATION POINTS of the body's system. Your body has concentration points, to stay healthy. And, these are the concentration points of the energy that flows through your body to the various parts of your body. (P) Well, they say that they're in certain places in the body, like between the eyebrows... (G) Well, they ARE in certain places. That's the physiology of the human being, and that's the way that he was created, or she was. Now... these energy centres are activated by PLEASURE. Now, the Minds can turn that into violence, displeasure, excitement, & many other things. But, they're drawing upon the Energy Centres when they do this. To reach these Energy Centres, again, all kinds of Systems have been developed. Acupuncture merely goes in & short-circuits 'em, and when they're short-circuited, they become aggravated! Did you ever short-circuit an electric wire & see all the sparks and blue flames fly? Well, that's what you do when you use Acupuncture. They're finally admitting that Acupuncture HURTS. "Oh no, you don't feel those needles in there!" I listen to that crap & say, "Jesus! How can they LIE like that?!" You're short-circuiting energy, and sure... this can be beneficial & everything else. If you're getting too much energy in one part of the body, it can go cancerous. It burns itself up, and the flesh goes dead... cancer! So yeah, it's valid. (P) Well then, what does the Acupuncture needle actually blocking? (G) It's blocking the flow of atoms. (P) But, that's just like blood flow, isn't it? (G) Atom Flow is like blood flow, but it's much more finely regulated than blood flow. Blood flow is very CRUDE as related to Atom Flow. Energy flows all over the place. The energy that

flows through your body PULLS your blood, and all of that! What in the hell do you think makes your blood flow, your heart just pumping? What makes the heart pump? You know, there's all kinds of flows going on. (P) But, is that Kinetic Energy? (G) No! That's real material energy formed by atoms. (P) So, energy is composed of hard core atoms? (G) ALL atoms are Life Atoms, in the material. Rocks, stones, trees, ... you'd better go over Comp, IV! It's clearly stated, in there. I don't know why you didn't read it, unless your C-mind just blocked it totally out! It's a C-mind secret. That's how they were able to be in the material, and in the next instant be in the immaterial. And, that control was taken away from them. But, re-read it... very carefully. Kinetic Energy is the RESULT of OTHER ENERGY. Kinetic Energy is NOT an energy in itself. That's why it comes & goes so instantly. It's the result of OTHER ENERGY. Without the other energy, there'd be no Kinetic Energy.

## THE KINETIC BUBBLE: our Total Self-Defense

(P) You have stated that, "True self-security must come from WITHIN oneself." However, in today's Domination/Denial System, one is faced with MILLIONS of people that consciously or unconsciously PREY UPON EVERY ASPECT OF ONE'S LIFE... from one's friends, one's government, criminals, etc. etc. How can ONE person hope to defend themselves against such OVERWHELMING odds, and stay Free & Secure (physically, emotionally, and mentally)?? How Total and/or Perfect can one's self-defense be, in this IMPERFECT world of ours? (G) Well... that's answered in Comp.IV, but it takes some comprehension... even there. Our body has the ability to put a shell around itself, a shell of Kinetic Energy. Now, this would be disputed by practically everyone on this planet... at this moment. But, while this body has its Kinetic Energy Shell (or bubble) around it, nothing's gonna touch it! Bullets, rifle fire, nuclear bombs, cold, heat, gas, artillery shells, or anything else! This is the answer to that ancient thing, "How did they survive that?" Yet, there's animals that survive all kinds of things. Animals sleep among deadly enemies ten feet away from each other. When they wake up & start PREYING UPON EACH OTHER, then their Kinetic Energy is focused OUTWARDLY, not INWARDLY... to get their food..., so they become subjects of prey also. But while they're sleeping, while they're by themselves, & while they're well fed, they're perfectly secure. A sheep will sleep ten feet away from a lion & not even be alarmed. But... when the sheep has to start grazing, it's killing grass & everything as it eats it. It's preying upon something, and its Kinetic Energy is devoted to that principle. Therefore, its armor shield is down. Now, the lion can get the sheep... IF its alert system fails or it's not quick enough, or the lion has a greater shield of its own on its prey.

So, it's a Kinetic Energy Field that we're talking about, here, that is either your Total Self-Defense or your Total Destruction... according to HOW it's used. Now... in CREATION, it is used like I just have said. With the human being that has Minds & things, they control it... if they know it or not... to a large extent. They can call it "stem knowledge", or whatever they want to call it. But, it CAN be controlled.

Therefore, let me repeat: you're going to have to look... to be secure... at your OWN field of security, and see what's MISSING in it..., because the MORE YOU WANT TO PREY ON OTHERS, THE WEAKER DEFENSE YOU'RE GONNA HAVE. You're gonna dominate others, then others are gonna dominate you... 'cause that weakens your Kinetic Energy Field of self-defense, because YOU'RE DESTROYING THE SELF-DEFENSE OF OTHERS with what you should be using to defend YOURSELF!

Now, concentration IS Chi, and it's a very high form of concentration, but that it is a Self-Defense art is a TOTAL LIE. You do not need to concentrate to defend yourself. The fact is, the LACK of concentration is what defends you, NOT the strength of concentration. (P) Because your concentration pushes it out away from yourself... (G) It sends a wave of HOSTILITY & AGGRESSION out, it hits that person, and if you hit a person they're gonna hit back! However, where you pull all aggression IN & fade it away & set up a Kinetic Wall... which is neutral, unless YOU direct it..., they cannot penetrate that! And, you're not disturbing them at all. So, you see, ALL of your Martial Arts are DESTRUCTIVE arts... regardless of what they try to tell you. They're founded on destroying the enemy. They always have, and they always will be.

Now, they say that that's to defend yourself. YOU DO NOT NEED TO DESTROY THE ENEMY TO DEFEND YOURSELF. There are times when you HAVE TO, because of the Time, Place, & Situation. But given the CHOICE of Time, Place, & Situation..., your enemy will walk away and not even see you! They'll forget all about you, because when you put a Kinetic Wall around you, there is NOTHING THERE TO THAT ENEMY ANYMORE! There's nothing there to hate. There's nothing there to fear. You become MEANINGLESS to 'em.

So... if you want to strike out in aggression, then learn all of this stuff (Martial Arts), because actually what they're doing is answering aggression WITH aggression. You're saying, "I can control MY aggression, so I won't kill with it. He can't." But, that doesn't make a damn bit of difference. It's STILL aggression. That doesn't mean that I WON'T use it, 'cause I will... because it's here to be used. But the point is: one should KNOW what one is doing, and not be tricked into something that they DON'T know what they're doing.

(P) How many people can learn to use the Kinetic Bubble? (G) They can't even learn how to get into a Pleasure Dwell! Once you get into a Pleasure Dwell,... (P) Does it AUTOMATICALLY form, then? (G) Well, certainly! Sure! But you tell 'em that, and all at once 'st they're trying to form the Kinetic Bubble INSTEAD of the Energy Dwell (the Pleasure Dwell). Jeez! (P) It's sustained as long as you're in the Pleasure Dwell, then? (G) Sure! (P) How many different kinds of things can it defend you against? (G) Everything! It doesn't make any difference. You're in a little world of your own! Of course, that's a real DEEP pleasure dwell to be in, but yeah! A light pleasure dwell? Well, usually it gets ruptured & you come out of it. Then, of course, you gotta put up your Energy Shield... which is an act of KNOWING..., and that's a different question. But no, when you're in a Pleasure Dwell, the deeper the Pleasure Dwell, the deeper the Kinetic Bubble is... because you could NOT have a Pleasure Dwell WITHOUT a Bubble of Kinetic Energy.

(P) If you're in your Kinetic Bubble... in a light pleasure dwell... and that dwell gets ruptured, then you stated that you can then put up your Energy Shield, which is an act of KNOWING. Do your Minds put up this shield, using their stored Kinetics, or is this something else totally different? (G) No. Your little animal, under threat of survival, will produce it INSTANTLY. Usually, anything that knocks you out of a Pleasure Dwell has something to do with SURVIVAL. You're gonna lose your job, etc. It's upsetting, & therefore, it's a threat to survival to the little animal. And, the little animal was CREATED to throw up a Kinetic Field to protect itself. And, of course, you use your Mind to superimpose on that normal, natural Kinetic Field that the little animal's thrown up. So, it throws 3 times or 100 times as much energy into that Kinetic Field. That's really what it is. (P) Well, I was just thinking about that because if your bubble's gone, then your defenses are down too. (G) Well, no! Your defenses aren't DOWN, when the Bubble's gone. Oh, no. Your defenses are DOWN when you're IN THE BUBBLE! That's why it's so beautiful there! It's backwards, there. What do you need, for defense, in the Bubble?? When that Bubble GOES, your defenses are instantly returned & everything's a mess again, you know! And, like anything else, you wake up a sleeping animal & it usually comes up snarling... especially a wild animal. And, that's what's happening to you. You're being rudely awakened, so to speak, and your defenses



are WAY up there INSTANTLY. And, you have a Mind that... in turn... drives 'em even HIGHER. That's why when you disturb somebody that's deep in thought & that, they're liable to hit you in the mouth!

(P) To walk through a wall or have bullets pass through you, would your body's "holes" have to be LARGER or SMALLER than the wall's or bullet's "holes"? (G) No, you simply are in a dematerialization act... fog going through fog..., using Kinetic Energy. It reduces everything to Kinetic Energy, which is transmutable from Life to Death or from Material to Immaterial. It completely left you, after all the talks & drawings about Kinetic Energy, or you wouldn't have asked a question like that. You use Kinetic Energy for all that stuff. The bullet becomes MEANINGLESS. It's dissolved, for that space of "time". When it should be passing through your body, there's nothing there! After it goes through your body & comes out on the other side, so to speak, it's a bullet again. Kinetic Energy does those things. Not even an artillery shell will go through your Kinetic Bubble! It doesn't STOP it, it just DEMATERIALIZES it. It passes through without resistance, like a person that can put their hand through a wall & that. There's people that can take their hand & put it right through a wall, and shake hands with you on the other side, pull it back out, and there's no hole in the wall! That's been demonstrated. That's Kinetic Energy. Kinetic Energy is a totally unknown field! And, according to the reactions that I have gotten from those that have taken Comp. IV, their all scared to death to start messing around with that Kinetic Energy! They're just scared to death of it. They've got no reason to be afraid of it. (P) Well, I just don't want to use it UNKNOWINGLY & hurt somebody. (G) You CAN'T, really. Not really. There's a lot of innocent things that you can do with it or use it on & all of that, where there's nobody involved but yourself... and maybe a piece of wood, or a tree trunk. You know, there's all kinds of INANIMATE objects that it's not gonna bother at all

#### WHAT BENEFIT CAN THE PROPER UTILIZATION OF KINETIC ENERGY BRING TO ALL OF HUMANITY???

(P) What benefit can the proper utilization of Kinetic Energy bring to ALL of humanity? (G) The "gain value" is this: when utilized properly, it's going to bring the Paradise HERE that's been promised! That's the gain in it. (P) Well, how's that going to happen, then? (G) Did you ever stop & think that there's only ONE THING that keeps people from being peaceful? A THREAT TO SURVIVAL. If you have the full use of Kinetics, as each individual CAN have, then there IS no threat to survival! But... you let one person have it & ten million other people NOT have it, and that one person uses it & threatens their survival with it! (P) Well, is this what you were talking about with the Kinetic Bubble & all this sort of thing, and that the more PLEASURABLE people get, then the better their self-defense is? (G) That's right!

## HOW TO STAY IN A PLEASURE DWELL UNDER STRESS, ATTACK, OR THREAT

(P) How can one stay in a Pleasure Dwell under stress, attack, or threat? (G) There is none to you! (P) But, doesn't your animal-body react to physical danger? (G) No! It's sealed off. You don't feel anything like that. You couldn't be in a Pleasure Dwell if you felt threatened! It's meaningless. Are those cars on the freeway any threat to you? You're setting in here. Is there any threat to you? Do you feel any threat from those cars going up & down the freeway? (P) No. (G) Well, you should! They're highly dangerous. (P) It's not being directed at me, though. I'm not aware of it. (G) Oh? How do you know that? That's a highly dangerous situation over there on that freeway, and even right out there on that street. Something's protecting you from that threat, & keeping it from being constantly with you. When you're in a Pleasure Dwell there's no threat, nothing's gonna attack you,... there's nothing there! YOU'RE ALREADY PROTECTED FROM IT. If you feel that you're gonna be attacked or threatened or done in, you are NOT gonna get in a Pleasure Dwell. But, if you get into a Pleasure Dwell, there's no threat or anything there. It can be all around you, but YOU WILL NOT KNOW IT,... just as you don't know the danger of the freeway, or the cars going up & down the street next to us, or the plane flying overhead that's liable to drop an engine off of its wing! (P) Well, it still seems like the people could STILL come up and attack you, that's what I don't see! (G) THEY DON'T WANT TO. YOU'RE NOT THERE, TO THEM. (P) Well... it just seems like everybody says that if you're NOT real tough & all this sort of thing, that all these people are gonna attack you, push you around, and everything else! (G) Well, you go and try to put yourself in a Pleasure Dwell when you're in an act of aggression... such as a pacifist march on Washington, or something..., then you're NOT in a Pleasure Dwell to begin with, because you're attacking! So, you're just fooling yourself,... and, you're NOT in a Pleasure Dwell. You might be in an Excitement Dwell & THINK it's a Pleasure Dwell. Don't expect to commit an act of Agression in a Pleasure Dwell. That's an Excitement Dwell, usually, or what is called a "mixed mental state"... which I won't go into.

(note: When you are in a Pleasure Dwell, your Kinetic Bubble automatically forms... and this is what protects you.)

(P) If time is standing still, in a Pleasure Dwell, then how can the atoms release energy or act at all? (G) They're not subject to time. They're strictly memory. Your Soul Life Atom becomes a material atom, and it's still nothing but memory... in its finest essence. It is NOT subject to time! It's only subject to MEMORY. In other words, it goes about its business..., and you are frozen into an Earth-time syndrome, which is really something created by MAN. So, you step out of it,... and then there IS no such thing as time! You step out of the "time frame" , and you're in TIMELESSNESS. And your atoms, of course, freed of the limitations imposed upon them by your own life structure under the time influence created here, are free of that now. They can do anything they want! They can even take you BACK in time, if need be. But, I don't want to go into that! But the point is, they're freed of the MANDATE of Earth Time. And, since they are YOU, you are ALSO freed of that! That's why all "time" stands still. (P) When one builds up Kinetic Energy & the atoms become "suddenly racing", you have stated that if you're NOT in a Pleasure Dwell, then you can't withstand it for more than a few seconds... (G) Not even that! (P) Well, what do you mean when you say that the atoms are "suddenly racing"? (G) It'll tear you apart, IF you're NOT in a Pleasure Dwell. Strokes, heart attacks,... (P) This is all the result of Kinetics then? (G) That's right. Imbalance of Kinetics & diversion of Kinetics to the wrong place becomes a storm of Kinetics that's going nowhere. (P) But, they're "suddenly racing" because their fields have built up and they're all contacting the other compatible atoms, and they're all just... (G) That's right. And, something's gonna go!

(P) In Aikido & Tai Chi, why does the cultivation of a "Mood of Personal Unconcern" paradoxically HEIGHTEN one's awareness & distort time, so that one's attacker seems to be moving in slow motion? If Time does NOT exist, then how can it be frozen? (G) Well, what they're REALLY talking about here is the self-defense shell (the Kinetic Bubble) of Kinetic Energy built up around them. When this shell is thick enough & great enough... time does not freeze, because it is not there..., you just become AWARE & more aware that Time does not REALLY exist! So, therefore, it seems to slow down & everything,... but actually what you're doing is coming to a full realization that TIME IS MAN-MADE. So, you do not FREEZE it. (P) Well, in Comp. IV it was saying that when someone knocks you out of your Pleasure Dwell that they seem frozen, but you're moving at increasing speed... (G) Tremendous speed, that's true! Time does NOT exist. Kinetic energy gives you the SPEED. Phenominal speed! As long as you think there's a such a thing as time & you accept time as a measurement, then how can you step OUT of it? You have nothing to measure with. Time is man-created. Now, it's a necessary TOOL, and it's a need BECAUSE OF A DENIAL. But... time, in relationship to bodily movement, is so ingrained in us... by the time we grow up... that we accept it as being a governing factor of our lives & everything else. And, really, there is no such thing as time... as regards to material or immaterial objects. It's a measuring instrument that we created. Now, when we go into a state of BEING that is OUTSIDE of the material, then we are no longer influenced by ANY MEASUREMENT WHATSOEVER!! So then, all we're left with is comparables. It was comparables that created the system of time to begin with! So,

since we're not using time, we can only use SPEED... fastness, quickness. (P) But... if he's frozen & you're moving faster, does that just mean that you're moving so fast that it just SEEMS like he's frozen? (G) To YOU, NOT to anyone else. He's normal. YOU'RE the one that's moving so fast that people don't know what's happening. Poltergeist manifestations are one great big witness to this. The kid... going into a Kinetic-Flow movement... crosses the room & throws a vase, bookcase, or whatever it is; goes back to where he or she was, and the people in the room never even see the kid move!

So, in answer to your question: the person that is NOT in this is moving perfectly normal & everything else. The person's speed... that IS in a Kinetic Field... is so fantastic that the other person seems frozen, to them. Time does not exist. And, all you do is to bring yourself INTO that existence KNOWINGLY,... and, therefore, it does NOT exist for YOU. And, you can move at any speed you wish! Whirling Dervishes & all this sort of stuff are examples of this. I've had this happen to me a number of times. I KNOW what I'm talking about. ANYBODY can have that happen to 'em. (P) So, it's all a relative thing really? (G) Certainly! But, it's still very strange..., like a lightning ball is. Whew! You're using the same energy that you get out of a lightning ball!

(P) When you were talking about Poltergeist manifestations, you stated that these children went into Kinetic Flow to achieve this. What is Kinetic Flow? (G) That's Kinetics flowing. They're not anchored anywhere. They can flow, they can be stationary, they can jump up & down, they can dance,... (P) Well, when the kid runs across the room & back, is it his concentration that's allowing him to do that? (G) Well, usually this is in puberty. And, this is usually under a very high sensual stimuli that's getting out of control. And, that's creating Kinetics that you wouldn't believe! And, the thought of doing something is really the ACT of doing it! "I wanna see that vase bust, over there." You rush over & bust it, and rush back... and the vase is busting! Kinetic Flow just merely means that you're flowing in Kinetics, that's all. Flow means to what... move, flow freely, undulate? What's your definition of "flow"? "Flow" is just the mere act of movement... of some type or the other... that's usually uniform. (P) Well, it seems like I recall that you once told me that in order to maintain our Kinetic Bubbles, we had to get into Kinetic Flow. (G) Well, certainly! Why shouldn't the Kinetics be flowing? There's no threat anywhere. They're free. Your body is constantly producing Kinetics. You don't even bother about USING 'em. They just go & disappear.

(P) Well, I guess that I still have trouble understanding how one can be free of the man-made TIME factor. (G) The invention of time has been a great boon, to this world. But, it's been a great HANDICAP, too. It's an awful handicap to overcome. It's hard to get yourself to accept that time is a CHANGEABLE FACTOR. It's NOT a CONSTANT, as they try to MAKE it so. You can accomplish ten hours of work in ten minutes, and... they try to teach you how to do this. There are efficiency courses, management courses, and everything else, telling you how to COMPRESS TIME. Well, if time can be compressed, then it's NOT infallible! And, it's not a scientific fact! (P) Well, in Hypnosis they can have someone write a book... or whatever... in half an hour, whereas it would have taken them MONTHS to do that "normally". They call this "Time Distortion Hypnosis". (G) It's NOT "time distortion", but it's ridding them of the sense of time that's been put INTO THEM, here. (P) So,

that's just a LEARNED THING? (G) It's a learned thing. It's acclimated, and everything else. It's an instrument. It's an instrument of this System. (P) So, ever since you were born they've been hitting you with this, so then you just accept it as being real? (G) Well, sure! Yeah! And, it's NOT. It's one of the best measuring sticks, for the human. It stops chaos & everything else, and it's good. There's nothing the matter with it. But, DON'T accept it as being infallible... and, this is what people do.

#### WHAT CAUSES THE A-MIND TO CONCENTRATE?

(P) What causes the A-mind to concentrate? (G) The Mind (B or C-mind) is the ONLY THING THAT CAUSES THE A-MIND TO CONCENTRATE. A-minds DON'T concentrate. They flippity flop, gallop along, and have a ball. But, under duress & various things, the Mind causes the animal to concentrate... or uses it or puts it in a position where it must, usually under the threat of survival. So therefore, in this sense, the Minds DO have the animal... in its survival instance... bring forth Kinetic Energy for them. (P) That's pretty sneaky! (G) Well, they found out that it works. (P) But, otherwise, all they're using is the Kinetic Energy that they've stolen from the animal? (G) Sure..., but first they had to get the animal to PRODUCE IT, BEFORE THEY COULD STEAL IT. So then, they had to threaten it.

#### WHAT'S THE BEST DEFENSE AGAINST A KNIFE?

(P) What's the best defense against a knife? (G) Rip you shirt off... or anything that you can get ahold of..., and wrap it around one arm or hold it up in front of you. They can't get through that, and you can kick real good underneath that cover, too. And, your legs are longer than their arms... even with the knife in their hand. If you hold that up in front of you, what are they gonna slash? That knife will tangle up in that cloth. I don't care how sharp it is. If you wrap your coat around one arm & put it up there, they can't get through that. And, while they're trying to figure out what to do, kick 'em in the balls! Well, sure! But all of this... unless you want to be aggressive, forget it!

## PUNCHING WITH KINETICS

(P) What does one REALLY "need" to know about physical combat, and... if one only had the chance to master ONE technique, what would you suggest? (G) If you have to stop somebody, which would be the best to do, which would be the simplest & most effective: take a pole ten feet long, one inch in diameter... made out of hardened wood..., and stick it in their face, drive ten inches, and hit 'em with the butt end of that thing right between the eyes? Or, would it be better to haul off, wind up like a windmill, and slap 'em up on the side of the head with the damn thing? Which would be the best, the most effective, the quickest, and the most effortless? Hit 'em with the butt end, quickly, without any PRIOR movements. PAP! Well, stop & think about it. If I go through "dancing", gymnastics, & all this kind of crap,... to deliver an EFFECTIVE blow in ANY- I don't give a damn WHAT they've developed- method, you've gotta enter an instant of concentration, you've gotta set everything in your body, & you've gotta strike from that set... to hit 'em effectively. Now... you can pinwheel, do summersaults, pirouette, fly all over the god-damn place, and everything else. But... when you give them an effective blow, you have to set yourself for it. That's it! The rest of it is just showing off. All these Martial Arts are just showing off.

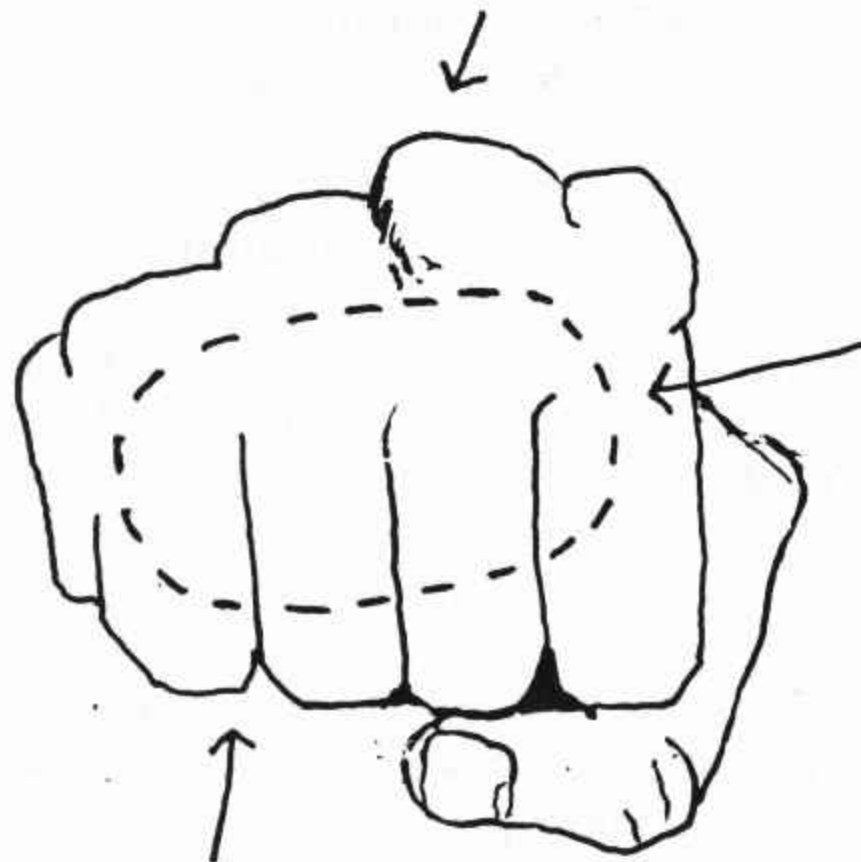
Now, there is one art that I will buy, and that's Savate... as done by the French. I've seen it. They do NOT use people to practice on, or anything else. They use these big punching bags. They use walls. And, all it is is developing the ability to jump up in the air & kick with one or both feet, instead of using their arms to hit with. Your legs are ALWAYS 10 times as powerful as your arms,... I don't give a damn if you're a weight lifter. And, if you can get to use those legs of yours to hit with, you can tear a man's head right off of his shoulders with 'em! And, that's Savate. That's all it is, the ability to jump up in the air, lay your body horizontal, and KICK with one or both feet. And, don't let anything fool you. If you get hit with something like that, 9 times out of 10 you're DEAD. It'll cave your chest in, break every god-damn rib, break your neck, or drive your face into the back of your head. If you're a physically Small & Weak person and you become an expert at Savate, then that big guy won't mean a thing to you. You could jump in the air & kick his head off before he knew what happened to him! But, people don't want to go through that. If you're not gonna master that, use a straight, sharp blow... straight in! When you set your body, your feet have to be anchored to the floor. Your muscles have got to be limber, flex, and go steel-hard at the instant that fist hits. It's called SETTING YOURSELF, and it'll knock a person silly! And again, this thing of imagining a spot in back of 'em or something. NO! You shoot for their ear, and their jaw's in the way. You shoot for the nape of their neck, and their Adam's apple's in the way. You're hitting their shoulder blade, and their heart's in the way. You don't imagine anything. You aim to drive your fist clean through their body to their shoulder blade! That's where you want to stop. It's very simple. You gotta learn to be able to be solid on your feet, hit solidly, and go BEYOND the point you want to hit..., or you automatically stop when you reach that point. It's called "pulling the punch". Sure, you can do Karate & all of this sort of stuff, but ... usually... that's show off, that's a dance.

Now, what's your best defense against an attacker... when it's known? Somebody says, "I'm gonna kick the shit out of you!", or it's going on for a certain length of time already. Just spread your feet apart... like a football players..., drop your shoulders down, open your hands up & let 'em hang limply at your sides, push your head just a little bit forward, let your face go totally still, and stop blinking. "WHAT did you say you were going to do?" You feel your little animal getting scaired? I'm not blinking at you. Now, this is a hostile situation, and suddenly I'm looking at you like this. I'm totally limp, except my shoulders are forward... active & animal..., my legs are spread wide, I'm braced, my hands are hanging limp, and I'm no longer drinking & there's no emotion on my face. And, I'm talking to you in a totally emotionless voice. "What did you say you were going to do?" And, I let my lips curl. And, I'll guarantee you that I'm going to be acting within SECONDS, if you don't move & get the hell out of my face. And, I'm not gonna tell 'em that,... but they KNOW that. When that lip starts moving up, they know that... 'cause that's a snarl of an animal. "W-W-Well, what's the matter with you? I was just joshing!" "Oh! Well, fine! You had me shook there, for a moment. I thought you wanted to clobber me, or something!" That's ALL you need! And, if they DO want to fight or anything, if they make one move you're gonna knock them stiff so god-damn quick they won't know what hit 'em! You don't have to THINK about that. You will just DO IT. Can you look without blinking? Have you practiced that? That's the most deadly look in the world! That's all you've gotta do, 'cause when you do that... boy, you're in total control & they know it! They know that you're no longer bird-turding, and that you're not a damn bit afraid of 'em. And, when that lip curls... can you curl your lip? Well, if you get yourself in the right mood, it'll start curling on its own! That's a signal to you that you're building up to go, and that trigger is getting finer & finer and slipping closer & closer. And, that hammer's gonna fall, boy! You've seen mine. After I was concentrating, all at once this corner started coming up. I've had that climb clean up to my nose before I hit! They're gonna move, or I'm gonna hit 'em,... 'cause I do that within striking distance. I'll step right up to where I'm in striking distance, and that's where they get it. I quit hitting 'em in the gut. It took me too long to clean up, afterwards. If you hit 'em in the god-damn face, you're not gonna have stuff splattered all over you, that's for sure. Stale beer & food. And, there's something frightening when you hit 'em in the gut. It's hard to get 'em breathing again. They turn purple, and every other damn thing,... 'cause a lot of that will get in their lungs. But, that's all you need! Practice that stance. Practice that look, and that WILL. "That son-of-a-bitch wants to hurt me, and I don't want to be hurt. I didn't do nothing to them. Well, you @\$%#! Come on!" You don't need that Karate & all of that. If he says, "Oh, I'm a Karate expert.", don't even answer him. You'll hit him so god-damned quick that he won't even know what hit 'em! You pick 'em up & walk 'em around a bit & they're still out, and all at once they say, "What happened? W-W-What happened?" They don't even know what the hell happened! (P) I've heard stories all the time about how Black Belts went out in the street and get their ass kicked. These regular guys on the street just knock 'em up one side & down the other! (G) They haul off & hit 'em!

(P) How does one achieve Power & Speed in punching? (G) It's achieved by setting yourself & letting fly, like you're pulling the trigger on a rifle. That's how it's achieved. And, all the training in the world's NOT gonna improve this! ENDURANCE can be improved, and that's all you do when you train for boxing. That's endurance. But, just to fight a sudden attack which is gonna be over suddenly, you have PLENTY of strength & endurance for that little space of time. So, you gotta be able to set yourself, MEAN to HIT the son-of-a-gun, & let it build up in you. When you throw your punch, be set, shoot beyond the point you want to hit, and let it go! Don't try to control it, just THROW IT! It'll be devastating! I don't know of anything more devastating. And, don't be afraid of HURTING the son-of-a- $\$ \% @ *!$  (P) But, does Kinetics have anything to do with this? (G) Well, certainly! You're USING IT when you set yourself, CONCENTRATE, WILL yourself to hit the person, and hit 'em. And, this can be done in an INSTANT. Even a WEAK person can do that, but they often have a problem REACHING the person (to hit 'em). (P) So, the whole idea is to get in there, get it over quick, and get out then? (G) Well, certainly! If you want to PROLONG it, then YOU'RE the aggressor. You're wishing to do 'em harm. All you're doing is STOPPING it. "He's gonna hurt me? I'll be damned if he is!" It's as simple as that.

(P) When I am using this punching method, how can I avoid breaking my hand, etc. ? (G) Hit with your fist-plane FLUSH AGAINST THE PLANE YOU'RE STRIKING, and you won't break anything but your attacker's face!

Hit here, and you'll bust your knuckles.



This is the fist-plane. Match this plane so that it's flush against the plane you're striking, regardless of what angle you're striking from.

Hit here, and you'll bust your fingers.



(P) In one of these books I have, it gives a method for projecting Chi, like 50 feet or something, . . . and knock somebody down! (G) Well, this is called a Force Bomb, . . . but it's not reliable, & I'll tell you the reason it's not reliable, . . . because it's your ability to concentrate, under the given circumstances, which will allow this to work. And, you're going to have to be freed of practically every automatic impulse of your A-mind, to do that. Automatic survival impulse. Now, in Comp. #1, that's the strongest total emotion we have! (P) It's like, when you're attacked, instantly you resist. . . (G) It's going to impulse. Now, when you get to the point where you can NON-impulse your TOTAL body, thereby using all of the energy that is NOT being used by your body, . . . because it's in total repose, . . . then you use that energy, magnify it in your MIND, & then you throw it with the MIND, . . . because, that energy has built up in your Mind like a charge in a magneto. . . that throws a spark into a car, to fire the gas chamber, to make an automobile run. It bottles it up, because it's NOT being used up elsewhere. But, until you can get your body to NOT use its energy COMPLETELY, then you cannot do this. And, you have to be able to get it so it will NOT impulse, to protect itself. (P) But, it seemed like it would be a good defensive technique like for women or something, because then, if a mugger was going to attack you, you could knock him down before he even got to you! (G) Let's take a person who has NEVER had to worry about food, any kind of food, it's always there for 'em, (&) they never have to go hungry. Sleep, water, & everything else, all there. Bathing all there for 'em, from the cradle on. Clothing all there for 'em, medical attention, . . . everything's been there for 'em. Their survival field has never been impinged upon. Everything has been secured for 'em, & they're still that way, & now they're 30 or 40 years old! They've never known a survival impulse, because it was taken care of, the total security. And, in this day & age, we're talking about people with total MONEY. That's the only thing that can bring that kind of situation now, or total isolation, or something, . . . of not KNOWING any better. So, in the first place, their body has never been impelled in defense of itself. They've been very fortunate. But, you see, THEY have not did it! Circumstances has did it FOR them. Now, they're gonna teach you how to do this. . . not knowing your circumstances at all! Now, that's the fallacy in all of these teachings. So, what you've gotta do is say, "What is the BASE ACTIVATOR, in all of this?" THEN, you can look at your environment, & see how it's been misused, calm it down & bring it under CONTROL, and yes, then you can do this, . . . because the base factor in this is that, "Without resistance, there IS no force, & there IS no power. . . because power, meeting resistance, creates force, in the physical. No resistance set up, . . . there's no power, & there's no force." And, that's the WHOLE answer to Chi, & everything else. And, those other things they teach you, . . . deep breathing, & all of this sort of stuff, . . . those are just symbols & methods to bring you to this state! Again, . . . you program it. It's dogmatized. You go thru a set of symbols to trigger it. It's TRAINING the animal, just like the lion tamer does to the lion, or anything else. You take your Minds, & you train your "tiger" to do what it's told to do. So, when we're talking. . . when you know the base factor, you can build ANYTHING from it. This is what Christ said, when he said, "You do not build a house upon sand." You gotta KNOW what you're doing. Get your facts FIRST, & THEN from these FACTS use your intellect, & bring forth a programmed development. But, every

time you turn around, you will find people that will try to offset this. They feel that... with enough push, push, push, go, go, go,... they'll bring forth something miraculously! God's gonna throw it at 'em! It's gonna spring up out of the ground!

(P) Many Martial Arts claim that the body has 708 Acupuncture points that can be used to Heal or Kill (as in Dim Mak/Delayed Death Touch). They also claim that the Chi travels on a cyclic timetable throughout the body, and that by blocking the flow of Chi at certain acupuncture points (with a blow, etc.) at certain times of the day, the result could be death... HOURS LATER. How much of this is FACT, and how much is FICTION? (G) Heal or Kill? Why not! You can use 'em either way. You can take a needle & shove it in a person & kill 'em deader than hell! Or, you can do it MENTALLY & kill 'em deader than hell. You can also slightly benumb it so it stops functioning properly & slows down and stops in 2 or 3 hours, and you die anyway! Again, KINETIC ENERGY IS TOTAL IN IT'S APPLICATION, once you start using it. Now, they've found mechanical ways of doing this. And, they've found disciplined ways of doing it (and practically a mechanical way) by using the body in various contortions & all of this sort of stuff, to achieve the same thing. And in Acupuncture, they use needles... which is totally mechanical.

So we keep getting Systems, but the odd part about it is that they have all of these different Systems, AND THEY'RE ALL BASED UPON ONE PRINCIPLE... just put in different languages & different ways.

(P) When one projects Kinetic Energy to an object or opponent, what effects can it produce? I guess from what you were saying before, you don't really NEED to throw it at anybody... if you've got your Kinetic Bubble or Shield up. (G) That's right! Nothing bothers you, and nothing bothers the people. You're in a little world of your own. They're not gonna bother your world. They're too busy finding a world they CAN bother!

Now, as far as projecting Kinetic Energy to DISTANT physical targets? Certainly, why not? What does distance have to do with it? I can set here and concentrate on someone in New York city & throw a lamp at 'em! Distance has NOTHING to do with that. Neither does TIME. I know it boggles the mind, but... (note: It would be prudent to keep in mind that if you project Kinetic Energy to an opponent & you are acting in violation of Free Choice Laws, then your Karma will be harsh & swift in coming. Projecting Kinetic Energy is NOT really needed, as you can see in the section on the Kinetic Bubble.)

(P) What is a Force Bomb, really? (G) The Force Bomb is a ball of Kinetic Energy concentrated & projected by the Mind. When projected at a building, a high energy Force Bomb can go through walls... leaving equal size holes in each wall.

(note: When you are in a Pleasure Dwell & are knocked out of it suddenly, you can strike back so suddenly... using Kinetic Energy... that it can cause the loss of up to an hour of the offenders immediate memory, according to how hard you hit 'em with Kinetic Energy.) (P) Well, why does this produce a memory loss? (G) Because, it kind of freezes 'em. It puts 'em in sort of a dream state. They don't even know what in the hell is going on! They go into AUTOMATION, under the shock of that Kinetic Blow, and when they go into automation, they're not thinking at all! So, how can they have any memory if they're NOT thinking? (P) So, as long as that shock's there, the memory loss is there? (G) Yeah, sure!

(P) Comp. IV says that, "Danger! Suddenly racing atoms can cause extreme heat- or extreme cold! Until a complete Pleasure Dwell can be maintained- where time stands still- such energy releases can only be endured for split seconds." (G) That's when you Blue Flame out! (P) Well, I understand that part of it. But, if you're projecting Kinetics out away from your body to aggressively defend yourself (which CANNOT be done in a Pleasure Dwell), wouldn't that destroy you, then? (G) You've only got split seconds. Kinetics are instantaneous, in ACTION. That's why... when people use 'em that are not in a Pleasure Dwell, in an act of aggression..., it's sudden, complete, and devastating..., and it's over with. Otherwise, they can drop dead, or any other darn thing! Why do you think they go through so many years of study & control, and everything else? If you hold that Total Concentration AGGRESSIVELY, for more than split seconds, you might drop dead or be so fatigued & everything that it'd take you a month or a year to get out of it! (P) OK, I just wanted to get that clear, there. I just didn't want all of these people to be trying a little technique there & end up killing themselves! (G) No. Well, in the first place, your body is a wonderful mechanism. If you're using this aggressively & that, and you reach your limit of endurance, you automatically shut off to keep your body from going to hell. (P) OK. That's the "fuses" blowing, and all of that? (G) Sure! You sure as hell can't strike out from a Pleasure Dwell.

MOVING OBJECTS KINETICALLY, THROUGH  
PROJECTION or THROUGH THE USE OF YOUR BODY...

(P) If you're gonna be using Kinetic Energy to lift up an object... like a vase or something, would you have to generate 10 times the Kinetic Energy to lift up a 10 pound vase as opposed to a 1 pound vase? (G) No! (P) Well, is that due to the fact that it has anti-gravitational properties? (G) No, it doesn't ANSWER to gravity. I does NOT have anti-gravitational abilities. IT DOES NOT ANSWER TO GRAVITY. Now, there's a great big difference in that. It might sound like I'm playing with words, but something that DOESN'T answer to gravity has apparently never been discovered, YET! And, Kinetics do NOT answer to gravity. (P) But, if you're lifting up the vase, or whatever, using the Kinetics... (G) It doesn't make any difference if you're lifting up a vase or if you're lifting up a house! Well, how do you think this 14 year old boy lifted a car off of this guy? (P) So, all of these accounts of super-human strength, that's all Kinetics? (G) Sure! (P) So, they're NOT doing that physically? (G) NO, they're doing it through their physical body... (P) But, that's like Kinetics being projected out through their hands, and then they just... (G) No, it bolsters every fibre of their body! No, that's the Kinetic Energies running through your body... under TOTAL CONCENTRATION. You gotta get that off of that person... that's your total aim, and that's your total endeavor..., and you just reach down & YOU DO IT. But, it's your BODY that's being energized by the Kinetics. (P) So, in this case, you're not projecting a ball of Kinetics? (G) Oh, no! In Karate, and everything else, it's your body... using the Kinetics... that produces this devastating effect. Now... if you are going to throw it AWAY from your body & you learn how to do this, then that's the type where you hit a guy through a wall, and all that sort of stuff. You've got to differentiate between your BODY using Kinetics, and the projecting of Kinetics. If the Kinetics stay in your body, it gives super-human strength. Also, in this case, when you break a cement block with your hand, your hand is encased in Kinetics! (P) OK, so that's why your hand doesn't get hurt? (G) That's right! It's TOTAL CONCENTRATION. (P) Well, I still can't see how that give super-strength! (G) You'd better go back & re-read Comp.IV! Let me tell you something. It's the ONLY LINK, between the material & the immaterial. That has to be a pretty damn powerful substance! It's a bridge, and it has to be pretty damn strong, to be a bridge between the material & the immaterial. And sure, it can be encased in your body, you can project it from your body, and you can throw it like a bomb... if you learn how. But, its strength is really UNKNOWN. It's power is really UNKNOWN. They know that Kinetics has the ability to wreck the mightiest machinery. It'll tear it apart! (P) But, it's just the fact that it's the bridge & that it's NOT subject to material laws? (G) IT'S NOT SUBJECT TO MATERIAL LAWS. It's quite a field!

## HOW TO THROW KINETIC ENERGY VOCALLY

(P) In Kiai-Jutsu (Spirit Shout Art), one can supposedly use VOCAL SOUNDS to heal, injure, stun, or even kill... and often times WITHOUT other persons... in the same room or vicinity... being affected by it, or even being AWARE of it. Does this art REALLY work, and if so, HOW???

(G) That's just throwing Kinetic Energy via the vocal cords, that's all. But, you're NOT making a sound... EXCEPT to the person you're directing this to. It's just like I keep saying... I want to get a bullhorn or something, and build it so that I can be a mile or two miles away & throw my voice off of a building. It's the same principle. You can do it mechanically, although it CAN be done within your voice. Some of my friends became voice throwers.

(P) Is that like when Christ was speaking to large groups of people, and they could all hear everything he was saying? (G) Sure. I can do the same thing. I've addressed as high as 8,000 troops, and every one of those soldiers could hear my commands. There was no P.A. system, or anything else. I've done that. There's nothing to it, really. It's just that YOU WANT IT TO BE THERE.

(P) So, it's your DESIRE, then, that brings this forth? (G) It's your saying, "It WILL be there. They're ALL going to hear me." And, you DON'T shout. It's just the way you form your mouth & relax.

## WHAT TYPE OF ENERGY IS BEHIND VIOLENCE?

(P) You have stated that both Violence & Affection have their own type of energy. Is the energy of Violence caused by excitement? (G) The Affection Energy is chopped up by C-mind. The Delta Wave is chopped up by the Beta Wave, and that gives excitement. And, THAT'S HOSTILITY. You're destroying the Affection Wave, so that's hostility! (P) Well, I thought that if you get ANY of your Minds that are in conflict with the others, that that would create hostility. (G) It has to disturb the wavelengths, or NOTHING HAPPENS. C-mind is chopping up the affectionate wave of the animal. B-mind steps in and stops it. We've got a hell-of-a conflict going on between B-mind and C-mind, 'cause their waves are interfering with each other! One's gonna have to try to overcome the other one. Oh yes, there's a great difference between Affection & Violence/Hostility. You cannot be Hostile & be Affectionate, at the SAME time. Try it sometime. You can't hit a person affectionately, and knock their ass off. You might hit 'em, but it turns into a love tap. But, to knock every one of their teeth out? No way! It's impossible. To do that, you turn your C-mind into a buzz saw... in your affectionate field..., and you wallop 'em!!

WHICH COMPONENT DETERMINES THE DENIAL  
AND GRANTS YOU THE USE OF "SPECIAL POWERS"??

(P) What determines NEED, when one wishes to use "special powers" (like Chi) or "tap in"... , and which component and/or Mind ULTIMATELY determines if your "need" is valid? (G) You... your ancient Soul... decides the denial, NOT the need. Think about it. That's your C-mind that asked that question, since it's the Prince of Denial. It doesn't use the word "denial". It uses the word "need". "You NEED this." It's the Soul that decides whether that DENIAL is great enough to the animal, to affect its Survival and its Learning. It has nothing to do with "need". "Need" is a C-mind tool. (P) Well, I realize that,... but I couldn't figure out how to word it by replacing the word "need" with the word "denial". (G) Well, OK. (P) So, your Soul's the one that determines if the denial is great enough for it to... (G) Act. No other Soul does that for it, either. Nothing else does that for it. It does that itself.

TO WHAT EXTENT CAN ONE KNOWINGLY USE  
CHI and/or KINETIC ENERGY???

(P) To what extent can one KNOWINGLY use Chi and/or Kinetic Energy? (G) You can use it any damn way you please, IF you want to pay the PRICE for it. It's just as simple as that! (P) Well, how do you know what the price is gonna be, though? (G) I have no way of telling you that. You might like to pay the price, and I might hate to pay the price. And, there's no WRONG way. But... you must remember that the GOAL is to bring Paradise to Earth. So, if it's NOT in that goal-line, THEN there's gonna be some price to pay,... and there may be a price to pay ANYWAYS, initially, because anybody that starts something new pays some kind of price. But... the point is that the only GOAL that this Earth has is to become a Paradise. (P) Well, I just thought that that was bordering on 1st instance energy, in a way... (G) It is! (P) But, you said that you couldn't use that KNOWINGLY! (G) That's because you don't KNOW ENOUGH. I don't even know enough, not about this material planet. I don't know every component of that radio. My god! There's no way that I can re-create that, because I'd have to know every damn component & how it's put together atomically, and every other damn thing! THEN, I could create it. But until then, I can't create it. (P) But to move it, you don't have to know what it's made of. (G) No, but I'd have to use Kinetic Energy to re-create it... like a lightning flash. (P) I thought, from before, that you were just saying that: according to Free Law, no one here could use Mind over Matter KNOWINGLY... (G) I didn't add that NOBODY KNOWS ENOUGH. (laughter) Now... we don't need more FEAR. We need more AFFECTION, not fear. And, anything you do of this type is just gonna bring forth fear in everybody around you. It scares the living hell out of 'em, just as too much intelligence scares the living hell out of 'em! They back off from it.

## THE BLUE FLAME: Spontaneous Human Combustion

(P) What happens to a person when they "Blue Flame" out? (G) Blue Flame is for real. It's the power of Mind, and people who Blue Flame out cross that Mind switch. Now... I told you that when an animal crosses those lines, they die. When Minds cross those lines, they evaporate... in this dimension. They don't die. They go back to the Netherworld, just as the little animal goes back, here. But, the CARRIER is LONG GONE. When a Mind SHORT CIRCUITS, that's a Blue Flame. (K) Is that where some of these people go PFTTTT? They're standing there in the kitchen, and all of a sudden... (G) There's a pair of smoking shoes laying there, that's all! So, I'm being as careful as I can be, about some of these things. There'll be enough, here in Comp. IV, that as you start going into it, there'll be no problem that I can possibly see of you or anybody short circuiting, ... because you're going to be laying the circles in proximity to each other, for them to grow INTO each other. And, at any time that you run into too much Heat, Dissention, Nervousness, or anything else, you can just merely STOP, ... and they will shrink back to their normal size again. When you stop expending the EFFORT, they stop growing. And, if you get too upset or anything & you've got one growing towards another... you've got a lit match going towards a gasoline can..., why you start getting shook & you start getting uptight, well you just back off!

Comp. IV states it pretty clearly, but that's a sudden release of STORED Kinetic Energy, along with a sudden build-up of Kinetic Energy by the animal. And, they bounce into each other & go, "BOOM!", like a lightning ball. (P) So, is that like when one of the Minds is trying to overpower the A-mind, it puts up its energy the other way, they meet, and it goes up? (G) No, it's usually a condition of a BATTLE between A-mind, backed by B-mind, against C-mind, ... over a long period of time. The pressure & the Kinetic Drive keeps building and building, and then all at once 'st... either one of 'em could throw in too much at the crucial moment..., it goes BOOM! (P) So, A-mind can actually set it off? (G) A-mind, B-mind, or C-mind, ... but not INTENTIONALLY. Nobody WANTS that to happen, but that's what happens. It's just like the lightning ball. The right Time, Place, & Situation, and PAAP! And, that's a Kinetic Energy explosion. (P) Is there some function that this has? I mean, does this protect the animal... (G) It could be over something totally stupid, built totally out of proportion. "There's holes in my shoes, and I shouldn't have holes in my shoes." (P) So, it's not a safeguard, like when the animal crosses emotional fields, it dies to protect its knowledge? (G) NO! This could be a million-and-one things that bring this about, but... it's present. It's an OVERLOAD OF KINETIC ENERGY. And again, it could be over something totally ridiculous. (P) But, you will have an INNER FEELING of this building up, won't you, if you listen to your feelings? (G) No, that suddenly flashes, UNLESS YOU KNOW WHAT YOU'RE DOING. We're talking about people NOT KNOWING WHAT THEY'RE DOING, which seems to be the whole damn planet! IF YOU KNOW WHAT YOU'RE DOING, IT'S NOT GONNA HAPPEN, but if you DON'T know what you're doing, it CAN happen. Certainly! Or, it can happen to a LESSER degree, and the person drops dead of a heart attack. I don't even want to go into that! I'm not surprised at healthy people dropping dead. I never have been, 'cause it can occur in the heart, a major blood vessel, or anyplace. It doesn't have to be the WHOLE body. PAAP, and that's it! In the other Comps., it starts right out saying that your Mind can destroy you. And, it doesn't WANT to, but it does!

HOW YOU WILL COME TO KNOW IF YOU HAVE  
AN ENTITY, OR NOT

(P) If I want to find out if I have some sort of mission to do here & find out what my true knowledge background is, would I gain access to that information through my Entity? (G) You don't! You either have an Entity, or you don't have an Entity. The Entity makes itself known to you, then you know. Until it does, you do NOT know. (P) So, IT'S the one that decides what's gonna happen, and you don't have any say-so? (G) That's right, and you just sit back and relax & do what you know until such a time as you know more to do. And, don't worry about it, ... because when the time comes... should you have an Entity that's been kind of keeping a low profile..., all at once it'll say, "Wham!", and you'll say, "Oh! Jesus Christ! I don't want to do that! I've got all this other stuff to do. I can't stop what I'm doing and do that. No! Get the hell out of here!" You know, this is the kind of thing you get. And, it may take you YEARS before you'll even ATTEMPT to get on with what you're supposed to be doing, 'cause you just don't want to do it! It's gonna upset your life, cause you to lose your friends, ... oh, you'll find a million and one excuses NOT to do it. And, that's usually a pretty rough time, when that Entity suddenly speaks up! And, you KNOW. You KNOW, boy. But, your A, B, C (minds), ... they're ALL fighting the god-damned thing! Of course, I didn't have to go through that. But, I've seen so many of 'em that have woken up, ... and they fight it tooth & nail. (P) But, that's nothing that YOU do. That's your Entity... (G) That's their Entity, NOT mine. Not mine at all. (P) OK, that's good. I don't have to worry about that, then. (G) No. Uh, uh. And... if you came in "sleeping", then your Entity will... (P) There's a reason for that. (G) That's right. You're damn right. (P) And, there's a reason for you to STAY "sleeping" up until... (G) Up until it's the right time, and then it'll pop in on you. And, I'll guarantee you that you will NOT really want to do what the hell the Entity says you are to do! (laughter) I came in KNOWING what I had to do & everything, and god! There's been many times when I've said, "Up your @\*#%\$! Forget it, buster!" But eventually, I get around to it, because it maneuvers me around until I'm just eyeball to eyeball with it, and that's it! But anyways, no. It doesn't mean you'll be agreeable with it at all. "Well, that crazy damn fool! That can't be no god-damned Entity! That has to be Satan himself!", you know.

(note: there are about 4 Billion people on the Earth, at the present time. Out of that massive number, about 1,300,000 persons have "strong" Entities. This means that only about 1 in 3,077 people... approximately... have an Entity. However, don't forget that EVERYONE on the face of this Earth has a Soul, and that their Soul stays with them throughout their life.)



## THE TRUE NATURE OF BIG BROTHER

(G) Big Brother... or C-mind, as he & his minions are referred to in the Comps... is an application of mine. It is more appropriate than the word "God", although in our substance, he IS a god. He is a total intelligence. Within himself & his sphere, he is perfection. I do NOT denigrate his power or his intelligence. I merely put it into comparables to the other intelligences & the other knowledges that the human carries. There are many times, it seems, that I put him down. That is because I'm using the language of lay people. "Bigger bastards are better people" is well evidenced, if you will take the time to look about you. The person who pushes people around, who makes people do things they do not wish to do, & who lives by hook or crook is admired... and always has been. They seem to have no "right" or "wrong", so long as they just get their will done. This is C-mind Complex. Now, to say that C-mind, God (as opposed to the Father), or Big Brother is EVIL is a TOTAL mis-statement! He is not, and his minions are not. They are all, in the sharpest context, GOOD. It is only when they are put into COMPARISON with what we find here on this planet that "good" & "bad" emerge. Always remember & bear in mind that there is no intent (and never has been any intent) for C-mind to be negative or to destroy. It also wishes for the human to reach New Perfection, however, it is under a handicap. Since its intelligence is no longer a part of the intelligence IN FLOW with the All That Is, they are a separated or singular intelligence unit... containing all that they know & all that they are. This is sad in a lot of ways, because just as we are here, he & his are here. The only difference is that he has been IMPRISONED here, and he does NOT know it! He is doing his best to make this the best place to live & to be, because as far as he & his are concerned, this IS HIS HOME.

So... always bear in mind that we are dealing with a power & a substance & an intelligence, here, that is TOTAL in all of its concepts. Once 'st this is balanced up with the OTHER intelligences & knowledges that are here, the result should be easy to imagine by any intelligent person. NONE OF US would be where we're at today, if it was not for Big Brother. None of us would be enjoying many, many, many of the comforts, luxuries, work savers, and all of the various improvements that have been made over the ages... if it were NOT for Big Brother. If it were not for Big Brother, we would still be animals... under our Egg Knowledge... and we would know nothing beyond ourselves. So, under all circumstances, RESPECT him & his, and ACKNOWLEDGE him & his. Give them their RIGHT of Intelligence, their Right of Purpose... and in so doing, you will begin to see how everything here CAN balance out. Everything here has become a "check & balance" system. We are under his Syste, yet. We have been under it for 11,000 years. We are now beginning to see that this is NOT the ONLY system that can exist. But, we need to balance with him & with his & with the power he has, and once this is achieved, the whole planet will change & change rapidly.

So, please... when we write & when we speak, we are NOT trying to denigrate his power & we are NOT trying to put Big Brother down. We are, in our limited way, merely using the language of the day... the symbols, words, & adjectives of the day... to bring the WHOLE problem into focus.

EPILOGUE: (transcription of the best of my "General Public" tape B-13)  
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Introduction on Learning (p. 109)

Making Quick & Sound Decisions (pp. 109-111)

Re-Awakening One's "Dead or Frozen" Emotions (pp. 111-112)

Eliminating A-mind's Negative Programming (pp. 112-113)

Improving One's Memory-Recall Abilities (pp. 113-114)

A. G. 's Comments on the Overall Picture (pp. 114-116)

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## INTRODUCTION ON LEARNING

(G) These questions have been asked since 1976, when the Comprehension Courses first came out. Comprehension Courses are courses that let you get as much as your mental ability ALLOWS you to get from them. I repeat: Comprehension courses are courses so designed that they allow you to receive from them that which you have the mental capacity to receive at the time, place, and situation. I want you to stop right here and THINK for a few minutes about what I have just said. There are... as you may now dimly recognize... two ways of having a person LEARN, in this lifetime. One is the most prevalent. That is the type that you get in schools, from the 1st right on up through to & out of college, even through a doctorate in college. And, that ONE... very simply... is: you learn by ROTE. You are told exactly WHAT to do, HOW to do it, HOW to apply it, and TO apply it. Now... while in school, you're only graded upon how well you've learned the rote, or the ability to remember what you've been told to do. You must go out in life and take on the public, the strangers, and the world to find out how WELL you can handle what you learned by rote, and how well it works or does NOT work. This area of your life is known as the great DISILLUSIONMENT. In short, this is usually where you blow your future, because what you have learned CANNOT or WILL NOT stand up under APPLICATION... which means that you, now, do not know what to do. You are also told that YOUR LIKES & YOUR DISLIKES have nothing to do with how you're going to make your money & your success in life. Your likes & dislikes do not count in this at all (so they say), and that you can... when necessary... totally control them, and even get rid of them. This is about one of the greatest fallacies that's EVER been preached on the face of this, your Earth.

But, this is what you are today. This is the person that I am communicating with now, more than likely a person in a state of total rebellion against nothing they can put their hand against, or their MIND against. They're lost in a whirlpool of conflict. Their likes & dislikes are tangled up like a ball of string that a kitten has finished playing with.

## MAKING QUICK & SOUND DECISIONS

(G) So..., the very first question that I'm asked to answer here is very concise & to the point, and fits in very beautifully with what you are going through. One: "How to make quick & sound decisions i.e. knowing what to do in order to cope with life and its continual CHANGES." The first step... and you must do it,

for I nor anyone else can do it for you... is to start QUESTIONING EVERY MOVE YOU MAKE. When you wake up in the morning & you start to get out of bed, don't do it automatically, as you've been TRAINED to do. Say, "WHY am I getting out of bed? Did I make a decision to get out of bed?", and deliberately flop back. And then ask yourself, "Do I really want to get out of bed?", and your answer will probably be, "NO!!" Then ask yourself, "Why, then, am I getting out of bed? Well... I have to!" NOW, you're facing decision. WHY do you HAVE TO?? Why? W, H, Y, why?? THERE comes the point where you've got to make a decision, or REMAIN AUTOMATED. You will probably end up jumping out of bed, woebegone because you're running late on the clock, scramble around, get to work & relax... until, of course, your supervisor loads you down with work. However, that's the way you start. And, you keep it up. You keep on questioning everything you are TOLD to do & not to do, and you keep asking the forever WHY. Then, you will find you're going to start driving people right up the wall! Do you want to REALLY go out and have a drink? "Do I?" Take a second and ask yourself, "Do I really want to go?" It might surprise you, and the answer will be, "No!" Well, what are you going for? You don't know? Well, then don't go. Why should you go if you don't want to go? To please somebody else? What are they going to do to please YOU, nothing? And, you start looking around you at work, and you start looking at your work. What in the world's going on around you, that you don't know anything about until you QUESTION it??!! If they're going to fire you on your job, they're going to fire you on your job. Nothing's going to stop that. Even the strongest unions in the world, at times, can't stop it. But, YOU can start asking questions, and the more questions you ask, the more decisions you're going to be making. And, before you know it, they're going to leave you alone. You're trouble, to them, IF they butt their nose into your business when you're doing your job alright. They're sticking THEIR neck out. You aren't. And, if you're capable of holding that job, you will keep that job. THEY will be the ones that are fired. Now... a boss with a big club can make you do things that you may not like, but he won't make you do them too long or too often, because somebody always comes along with a bigger club than he has, and usually scrambles his brains just enough to put him down on skid row sooner or later.

Once you start making your decisions, there is no turning back. Make them small, at first. You want a cigarette. You stop & say, "Do I REALLY want a cigarette, or was that automation??" You come home, flop down, kick off your shoes, sigh, and say, "Well, time to eat." Wait a minute! Who said that it was time to eat? Is that body of yours a tick-tock thing? Are there a couple of hands on it that go tick-tock-clunk-eat?? Are you so automated that you automatically stuff your face when the clock rings, "Eat!" ??? You may find there are times when you don't care to eat. Well... maybe munch a little bit, or sip a little of a soft drink or coffee, watch TV, snuggle up in a chair, and when you hit the bed... instead of laying there sleepless, tossing & turning, with your gut gurgling & uncomfortable..., you zap right off to sleep, and wake up as fresh as a daisy in the morning. Your body knows when it needs something to eat, but YOUR MIND DOESN'T. It has no way of knowing. That's why you need the Comps., because the Mind... while being a very brilliant total intelligence... doesn't know very much about the animal-body at all, and it's got to use a club to get it to do what IT wants it to do.

So... you want to know how to make decisions? You do it by starting to

make little decisions, and let them grow on you. And, your world will change rapidly. And, the people around you will look at you, and... out of sight and out of hearing, of course... they'll say, "My goodness! What in the world has happened to him? He's no longer a pushover! Wow! I thought I'd go over and hit him for a soft touch... you know, pick up a buck..., and he told me to get lost!" "Well, how many bucks have you touched him for without paying him back?" "Oh, I don't know, it's been going on for 3 or 4 years now, or maybe a hundred! Ha, ha, ha, ha!" "Uh huh, so he finally got wise to you." "No, it's more than that. I heard him tell off the boss the other day, and the boss took it! You'd better watch that person. I don't know what's the matter with him!" "There's not a whole lot the matter with him. He started to make his own decisions and apply them wherever he could, recognizing those instances where he could not, but promising himself that he would change those conditions... if possible... so he could go ahead and make THOSE decisions too.

What you have to COPE with in life is the fact that when you make a decision, that decision is RIGHT with YOU. Don't "IF" it to death. Don't think it might be wrong. Don't sell yourself out of it. "That's MY decision, and it's RIGHT." Somebody else... or maybe the whole world... may think it's wrong, but you? You NEVER accept it being wrong, because it's a decision, you made it, and it MOVED YOU, and that's all it's supposed to do. So, go ahead. Start making those little bitty decisions, and see how quickly you're making BIG ones, and how quickly your life starts to take on a new meaning.

#### RE-AWAKENING ONE'S "DEAD or FROZEN" EMOTIONS

(G) Now, the second question is: "How can one revive or re-awaken one's 'dead' or 'frozen' emotions??" Well... if they're dead, forget about it. Now, they can be re-awakened by a terrific blast from a person that is called a HEALER. However, it does take a terrific amount of energy from that person, and that person must know... beyond any doubt in the world, or the nether-world... that you want those emotions to come back to life. Outside of that, there is no way for a dead emotion to revive. Now, frozen emotions: those emotions that you've stomped into a corner, locked up, chained to a wall, trampled underfoot, and/or hospitalized..., you want to see what they're all about? You're probably too scaired to. So, you've got to go easy, and in order to do that: first, you get around animals, friendly animals. You don't have to pet them, fondle them, or make friends with them. Just be around them, and watch them. Notice how they behave with each other, AFTER they get used to your presence. Take it easy. If you're 40, or 30, or even 20 years old, that's how long it's taken you to kill, or freeze, or immobilize your emotions. PLEASE DO NOT TRY TO BE AN "INSTANT BREAKFAST BABY" AND SOLVE THIS WHOLE COMPLEX PROBLEM IN 55 SECONDS, WITH 5 SECONDS LEFT OVER TO SMOKE A CIGARETTE,... BECAUSE IT DOESN'T WORK THAT FAST.

After a certain amount of observation of animals, birds, bees, pigeons, dogs, cats, horses, goats, of any kind of living creature, of cows... cows are highly affectionate creatures; chickens are not too affectionate, because they have too much hereditary knowledge in them from being handled by humans all those generations..., but then you move to humans. You go to FRIENDLY restaurants. If you walk into a place & feel as if you're a stranger there, turn around and walk out. If you walk in a place, and you kind of feel at home & the food smells good, sit down

and have a glass of milk or a cup of coffee, even if you don't feel maybe you want to stay long enough to eat. See if the vibes start feeling good to you. Find a few different places where you can walk in and sit down. Pull in a corner. You don't have to be conspicuous. Look at the people, and attempt to FEEL the people. I mean, kind of reach out with your feelings & touch them with it, to see if you can. And, see what kind of return you get. It may surprise you! But, the next step, after animals, is people.

Now... if you go to healers, don't go to college-trained ones, because that isn't learned in textbooks. That's learned by self-application. And, don't go to the ones that are sick themselves & are banding together to PRAY together, in order to bring healing... to one of the members... forth. There has to be, in that group, a healer. And, that healer cannot do this day in & day out, because they're going to wear out. They're going to become too pooped to help anybody, and maybe even themselves. But, you get around people with good vibes. There are some churches that have beautiful vibes, at different times. You don't have to buy their religion, or all of their little "don'ts" and all their little "shalt nots". No, because they're happy just being together. And, those songs they sing & those words they shout is a way of showing their EXUBERANCE FOR BEING ALIVE. Yes..., even the snake handlers... in the arbors in the hills of Kentucky & Tennessee..., yeah. I've been there, too. I've passed the copperheads & the rattlesnakes, under their chant in the unknown tongue, and I never got bitten. Nobody else got bitten either, because everybody was overflowing with affection for one another. It's there. It's in people, yet they've got to get together & they've got to isolate themselves to bring it out, and THAT is the SHAME of our society.

So, let yourself emote. And, if somebody says, "Why are you crying?", say, "Because, it's part of my being happy & my ability to STAY happy. It's one of the functions of affection... to laugh, and to cry..., and you do both, OR YOU DO NONE."

#### ELIMINATING A-MIND'S NEGATIVE PROGRAMMING

(G) Three: "How can one eliminate the negative programming that consciously or unconsciously got programmed into one's A-mind, including engrams, psychosomatic diseases, emotional complexes, and destructive habits?" Simply, by starting... as of now... by shutting off, shutting up, and turning away from EACH & EVERY NEGATIVE SONG, TELEVISION SHOW, RADIO PROGRAM, EVERY AD, EVERY COMMERCIAL, AND EVERY WORD FROM YOUR FRIEND THAT IS NEGATIVE. And, you're going to find out... once you start listening... that's ALL that is spewed forth 24 hours a day! The negative, the slime, the filth, the murderer, the criminal, and the crooked politician. That's all you hear. You want to know why you're in the dumps? Putting it bluntly, it's because... regardless of your money, regardless of where you live & the kind of house you have... you, MENTALLY, are living in a dump, a plain, pure, heap of slime, refuse, and dregs! If somebody was to take it & put it over your "decent" food on the table, you wouldn't be able to eat that food! But, no! You let them fill & slop it over IN YOUR MINDS, and YOU are the one that is letting it through. YOU are the one that is enjoying those horrible feelings. There's no sense in writing millions & billions of words about it. All you do is refuse to listen to the

negative, and you do that until such time as you can listen to the negative in the 3rd person, so that you can know that "this man was elected", that "that man sent to jail", that "this war was stopped", that "this war got started", that "there are hungry people in the world", but that it no longer affects you as a person, BECAUSE YOU NO LONGER LET IT. You cannot... at this moment in time, place, and situation... do one thing about any of it. Therefore, leave it go. And if you get the chance, THEN act & do something... whatever you can... about the situation. But, you cannot... as a working citizen in this country... do anything about ANY of those situations, no way, not until you band together in vast hundreds & thousands & millions & millions strong, and say, "We have had enough of this now! Stop it!" But that..., you're not even capable of stopping a negative THOUGHT, right now. How long do you think it will take you to get to the point where you can stop the negativeness in a WHOLE WORLD?

And... as far as destructive thinking is concerned, you have TWO situations, emotionally. One is a natural need, and a natural desire to fulfill that need. You do not know what that is. You also have an un-natural need, and an un-natural desire to fulfill that un-natural need. And, you can't tell the one from the other, so you sacrifice the natural need for the un-natural need, and you get sick, and you get broke, and you run into "karma", and you run into all kinds of "bad luck"... because, you don't know what you're doing, and you don't care to find out. It's much easier to destroy that which you cannot have, so that no other SOB can have it either. So, you'd better take a good, strong look, and search your libraries, your colleges, your psychiatrist books, your psychology books, and your doctor's books, and see if you can find anything in there telling you HOW to recognize natural needs & desires from un-natural needs & desires. You will not find it. It is too SIMPLE to put in the elitarian, beautiful, white, rag-paper textbooks! They love WORDS, not DEEDS. They love to teach, and if somebody HAPPENS to get cured or HAPPENS to be helped, "Well, just jim dandy!", and, "Gosh, we're tickled!"

Modern Humans will tell you what a natural need is, and HOW it happens. It will tell you what a natural desire is, and how it happens... and, usually, your REACTION to both. It will also tell you about the un-natural needs & desires, and your reactions to both. So..., you want to stop destroying? Find out about your needs, and HOW they came about.

#### IMPROVING ONE'S MEMORY-RECALL ABILITIES

(G) Four: "How can one improve one's memory-recall abilities??" Well, this isn't an easy question to answer at all. Usually, in order to start gaining insight into memory-recall, you start trying to identify objects you've seen as a very small child, as you grew up. The way cars looked. Try to detail them. See how well you actually observed them, according to your OWN observations. See how much got through the screening grids on your eyes. See how much detail came through the hearing grids on your ears, like your mother's voice in the kitchen, in the living room, (if you're old enough) in the parlor, or in the sitting room, or the game room. Your dad's voice. The way your dad walked. The way your mother walked. How big of a person were they? What about some of your teachers? What about some of your courses? What did you think when you first had to go to school, and what were you thinking a year prior to that? And, you keep bringing this to

mind over & over again, and see if more & more detail doesn't start coming back.

And, you tell yourself, "I want it to come back. I want to know. I have it there. I want it released, because I need to know, to make this world just a little bit better place to live in. I want to know all that can help me, in knowledge, on this undertaking. And, I want to know that which I do not know yet. And, I want it to come back to me, because I have lived it & it is mine." But, you've got to be serious with yourself, and you've got to be silent with yourself, and you have to be honest with yourself and what you say. And, that is the only way you can start your own memory-recall mechanism working.

Various forms of hypnotism can probe & pull out very, very startling memories. But, these memories... when carefully looked at, scrutinized, & analysed..., you will find out, are OUTWARD from the subject, NOT INWARD WITH THE SUBJECT. They see people around them, but they don't see themselves. They see fields. They see, maybe, their mother & dad. They see a girl, and then they say, "Oh, yes. That girl..., well, that's me! Gosh, I was a girl then! And, I married a guy." And here, everything of any value goes out the window, because they're standing there looking at that girl. That girl is not standing there in THEM looking out at the world. And, they're probably remembering their bride, or some girl that they were deeply attracted to. You will have to check that out for yourself, because that's called IDENTIFICATION WITH ANOTHER, ACCEPTED AS SELF. This is NOT memory-recall. This is a STIMULATED CELLULAR ACTION. If you will go back and start making yourself remember EVERYTHING, you can finally get yourself to remember when you were born, when you were in the birth canal, and when you were in your mother's womb. But, you've got to keep at it! YOU'RE NOT GOING TO DO IT WHILE YOU SNAP YOUR FINGERS, HUM A TUNE, AND LISTEN TO ONE OF THE NICE, NEGATIVE SONGS BLASTING OVER THE STERIO RADIO EQUIPMENT!!

#### A. G. 's COMMENTS ON THE OVERALL PICTURE

(G) Many inquiries come in from people that have studied these textbooks. Some of them seem to have arrived at pre-conclusions about what the textbooks would do FOR them. A lot of the letters coming in & private conversations, I finally have to say, "What do you really want, from what you've studied? Write it down! Formulate it! What did you expect?" Some of them don't know! I say, "You mean to tell me that you still don't know? You don't want to be happy??" "well, I'd like to be happy." "What would you like to do?" "Well, I'd kind of like to be let alone." "Well, you can be that. It tells you how in the Comps.. You can be totally alone, if you want to be, and you can be pleasurable alone." "Nah, that doesn't do it for me." Well, I'm sorry. NOTHING is going to do it FOR you. I mean, the world just wasn't created that way... to do something FOR you. And, if you have that thought in mind, buried inside you somewhere, you'd better take it out and look at it, because there's 90% of your problem! You'll spend the rest of your life waiting for the world to do something FOR you, and all it will be doing to you is DOING YOU IN, because you don't even know it's doing that! If you knew it was doing that, you could make up your mind if you wanted to do anything for YOU, or not.

For anything in the physical to hold together, there must be a binding link, a binding pattern. So it is within the human themselves. Now, this binding pattern

is no great, big secret. It's no "out of this world" situation. It isn't something that is stupendous & mind-boggling. It is the opposite. It is simplicity itself. It's what your body energy runs upon. When it is running strong, your body is running strong. When it is running weak, your body is running weak. This binding thread, this binding pattern, is a part & parcel of all life on this planet! It is all around you. It is why... under certain conditions... bees will not sting you, snakes will ignore you, and birds will alight on your finger. I could use many, many examples about this binding energy. But, you see, unfortunately that is not what the world has been taught is the necessary tool, in order to get the job done. Oh, no. To get the job done, you've got to fight, scrounge, lie, cheat, and many times you've got to steal... all under various names, which sometimes makes it a law, and sometimes makes it big business.

What Modern Humans does is to try to point out this major difference. When you have the simplistic life-energy running strong, the other endeavors become simpler, easier, and... in some cases... even more deadly. But without it, your life really doesn't amount to a whole lot at all. Oh, you may go down in the history books or you may have a monument erected to you, but that's because you've sacrificed 2/3rds of yourself for 1/3rd of yourself, and you never knew it! Oddly enough, this binding energy, this life-force energy, has been downplayed. Starting in the beginning of WW II, it was almost outlawed. You never heard the word AFFECTION. You heard the word "effect", or the word "effective". You had a lot of words that sounded SIMILAR to affection. Now, if you do nothing else with this text, get yourself a dictionary & look up the definition of that word, PLEASE!

Affection is a FEELING. You can't buy it. You can't sell it. You can't trade it. And, if you've throttled it, or if you're ashamed of it, or if you've gotten rid of it, there's nothing the Comps. are going to do for you... except maybe make you make more money, kill better, or invent bigger & better things. It might make a wonderful (technical) musician out of you, but you will not be living & giving out warmth, good companionship, and the little bubbles of pure pleasure. You, instead, demand that anything of beauty be high excitement. COMPETITION, at work, at play! THAT IS NOT AFFECTION. That is EXCITEMENT, and that means that you're taking affection & you're chopping it up. You've put it into a hamburger grinder, and you're spewing out hamburger juice all over the place. And eventually, you dry up, get sick, and you wither away..., and NOTHING in this world can ever make you happy again. Nothing, because you can't be happy! And if you cannot be happy, there is nothing that can make you happy.

Now... how do you get into affection?? By getting around it! Go where people are happy. You can feel their vibes around you. But, you'd probably feel uncomfortable, like it's something to be ashamed of! And, if you start to get any kind of feeling, you're SHOCKED, because you might... just might... go to "hell", or something. Of course, you don't know where hell's at, but... you know... if you're going to go there, you don't want to be there, and if you take any chances, you MIGHT be there. But, the only way that you can get affection is to go where it's at, and then let your's loose when they let their's loose. And, get used to being warm, receptive, and bubbly again..., even if it's only for 5 minutes, to begin with. And THEN, take & go back over those Comps.. THEN look at them and say, "Hey, wait a minute! What have I been missing??", because it's clearly outlined. It is clearly stated. It tells how affection & excitement work, how desires are created, and how to tell the difference between a created desire and a REAL desire...,



because most of your desires are CREATED by Madison Avenue TV ad men or movie-industry ad men. They are so far out of reality, that you might as well not be here at all! As a distraction or as an amusement, fine. But, as reality???

Anybody that accepts ANY of that as reality, I don't think that the Comps. will help one bit. Look at the huge swindle going on every day of your lives. The EMPTINESS of everything around you, because YOU will not open up your eyes & ears AND YOUR FEELINGS, and FILL THAT EMPTINESS WITH THE WARM, PULSING VIBRATION OF PURE, SIMPLE AFFECTION.

So, start looking at affection. Start looking at the gift of life, and THEN put the Comps. to work. And, DO THEM. It tells you what to do in there. You don't have to do anything but OBSERVE, UNTIL YOU YOURSELF SEE RESULTS THROUGH OBSERVATION. See what happens, and then you can tremorously TRY THEM YOURSELF, without the fear of any kind of punishment, and watch the startling effect you have on others.

Right now, according to the letters I have been getting in, and according to the people crying for help out there..., with a little help... GIVEN TO THEMSELVES BY THEMSELVES, under the proper direction... can make a totally new person of them. You take an A-mind that values the body, glories in the body, assists the body, keeps its promises with the body; that works with the B-mind & gets out for beauty, enjoyment, and relaxation; and keeps its word with the C-mind & gives the C-mind its just due... its honorable just due..., and gives it the energy it needs to get its jobs done... to hold its perfection..., and you've got ONE VERY HEALTHY, HAPPY PERSON. But, look around you. You're going to find, today, that most people in the public are running around up to their eyeballs in the C-mind complex. Oh, yes. Look around you. But before you do that, do some thinking about your OWN self. See where YOU'RE at, in this jumble of 3 Minds. See if you're in one more than the others, and if so, which one?? See if you're bouncing around between all 3 like a rubber ball, without direction, and nothing... absolutely nothing... goes right for you. Take a look at where you're at. More than likely, you have almost no pleasures left, and you are in a bad, bad way. All you probably have is excitement, excitement, excitement..., NOT PLEASURE.

I have been asked... for many a long year now... to put the concept of the "3 Minds of Man" into a simple, encapsulated, 5 minute docu-drama. You know, you have it with your corn flakes in the morning, go out and levitate yourself thru the air to your office, and then wave your hand & incinerate your boss-man so you can have his job! You know, some simple little thing like that! And, I'm not trying to be funny, and I'm not trying to be sarcastic. I'm trying to hit your sense of reality. WHAT'S BEEN DONE IN 11,000 YEARS IS NOT GOING TO BE UNDONE IN FIVE, LOUSY, STINKING MINUTES.

Now, that just about winds up these comments. I thank you for your time, and I hope that this commentary does you some good. But, remember one thing. GET USED TO THINKING FOR YOURSELF, AND BE A HAPPIER PERSON.

Thank you.

Scanned June 10, 2005  
from the Original

A-Mind = Animal Mind  
B-Mind = Beauty Mind  
C-Mind = Complex Mind

Original publisher retired  
or defunct. Will try to  
supply Comps I - IV

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