A new and simplified approach to explore your mind using the self-explorer's own imagination. The book provides tools to improve the quality of life for oneself and one's friends and enemies.

The self-explorer will find in this practical handbook information on:

∞ Current status of a science of consciousness
∞ Functions & structures in consciousness & in the matrix
∞ The state of man vs. ideal state of man
∞ A universal mind processing tool
∞ Spiritual harmony & Integral lifestyle
∞ A theory of (almost) everything
∞ The true self

The Self-Explorer's Handbook

Caspar de Rijk

MULTI GENIUS TECHNOLOGY FOR CONSCIOUSNESS
VOLUME 1
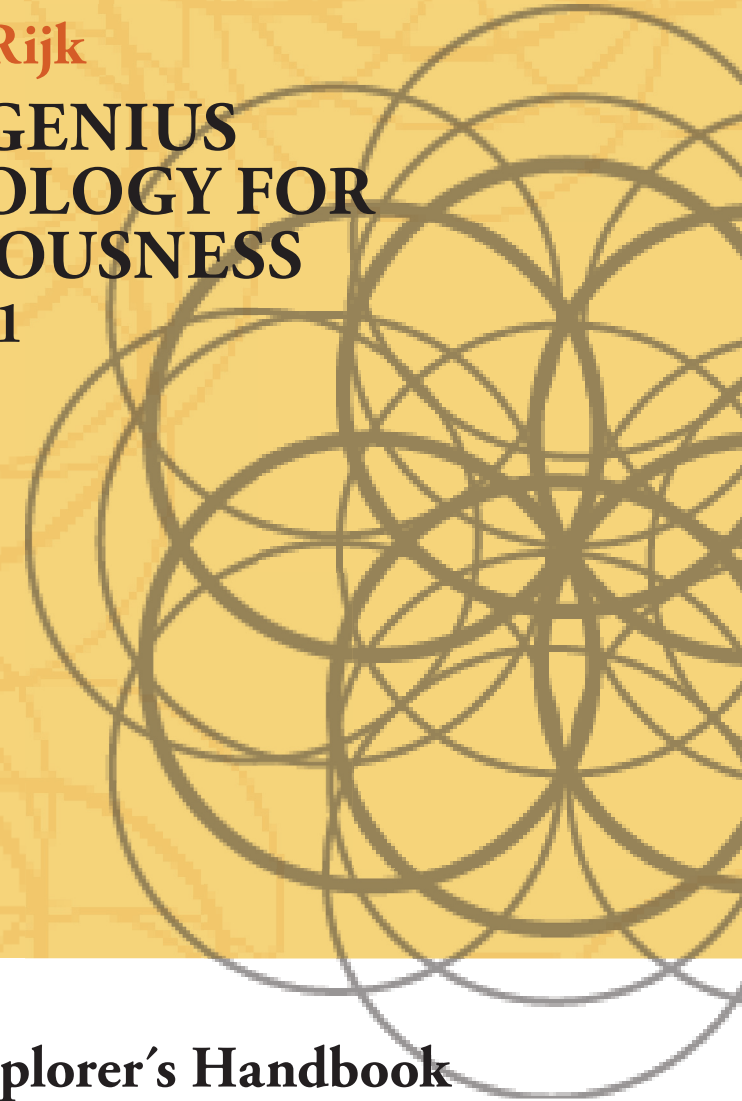
YOUR IMAGINATION – THE KEY TO HARMONY IN LIFE

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Caspar de Rijk, Ph.E.

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VOLUME 1

The Self-Explorers′s Handbook

READING SAMPLE

Written and compiled by Caspar G. M. de Rijk, Ph.E.*; ENFJ*,
assisted by Claudia Moser, Ph.E., BA; ENFJ
at the MGT Institute for Consciousness,

from
the wisdom and knowledge resident in the many
and different cultures on earth

Dedication

to all those great souls and geniuses – more numerous than
can be listed – who have provided the inspiration for this
work and who have reminded us to keep looking for that
substanceless place where all solutions slumber.

Acknowledgements

MGT research is ongoing and not finished with this book. The general principles are unlikely to change very much, but there is no 'standard' technology that will never change. We are always looking for improvement and faster solutions and will incorporate new developments or discoveries in future editions and online.

In the unlikely event that you find that any of the advices, data or procedures given in this book are not working, seem faulty or there are better ways to do it, please let us know by email.

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Contents

6. A Theory of (almost) Everything

We will attempt now to bring forth the essential theoretical knowledge distilled out of what is available from the collective consciousness as well as from our own observations, which is pertinent to our activities. The ambitious title is to stress that the statement in the bold print following below has held up during numerous tests and while still a theory we are confident that it will continue to hold true and if it does we will have an explanation and a solution for everything.

This chapter presents first the most important principles that explain the theory underlying our technology. Then in the last part we will look at the reasons why the world is not singing in harmony.

In all sciences, new facts may be discovered by logical deduction from already established facts or from direct experiment or a combination of these.

In this handbook we are presenting one experimentally established fact which is also deductable from already established facts and experience. In its pure form this fact can be stated as follows:

The use of the imagination, in the presence of direct consciousness, in a proper setting is capable of resolving any and all limiting mental conditions and infinitely expanding consciousness itself.

What we mean by the 'proper setting' will be the subject of the third part of the book.

The Key Ingredients

As we will see later, meditation and processing is not done in any old way but requires it to be done in a proper format. So what are the key ingredients of our approach? The key ingredients are:

1. the intention to increase understanding and responsibility,
2. the presence of pure awareness or direct consciousness
3. using the power of creative thought or the imagination.

There is a fundamental choice that a being has to make: to intend to increase their understanding and consciousness or decrease their awareness by not confronting or substituting something else for the reality of what they are facing. There must be a strong appetite for truth, to know what exactly were the intentions and facts of the matter. The choice is to wake up or to continue to sleep or avoid looking at things as they are. It is the choice of being fully alive or withdrawing gradually from consciously living and experiencing life.

Pure awareness is just that, a pure perception and experiencing of what is without allowing the mind to blur or interfere with the actual experience. It is directly confronting the truth of the subject. This is often described as nonjudgmental or ZEN (in the Dutch language, the verb for to be is ZIJN) which we translate as JUST BEING THERE.

Conscious being there with the subject in its pure form has an almost magical transforming effect. The exact theory of this is that any unwanted condition or manifestation has exactly two consciousness-vectors that are placed at a 180 degrees angle in opposite directions. The condition is created in consciousness and received in consciousness. Undesirable conditions persist only because parts of the two

consciousness vectors are obscured or overlaid with 'unconsciousness'. Therefore becoming fully aware of the situation one can achieve a unification in consciousness of the two vectors results in a resolution of the unwanted condition.

The power of the imagination in general has been acknowledged by many, what is not so generally known is the power of combining pure awareness with the imagination to step up the ability to confront areas of sub-conscious activity or unconsciousness.

There is one other factor which multiplies the effectiveness of all the above key ingredients another myriad times. This is what some people call the God Connection, although this might be misleading if understood as a religious hope for salvation from an external God. Others express it as a recognition of infinity in oneself or being in tune with absolute consciousness. Jung referred to it as the numinous. It would be best described as having complete faith in ONEself in accord with the truthful assumption that we are ONE. Each being is in its innermost self infinity, the oneness.

In processing this translates as assuming the full responsibility, cause-effect for EVERYTHING.

The Truth Connection

Finding the truth can be as simple as finding out why the baby is crying, even when it is not a full diaper, one continues to look and only when the actual truth, the safety pin sticking in its buttock, is found can an effective handling take place and will the baby stop crying.

It is very important to understand the above. It is not done by explanation or reasoning or figuring out or representing mentally, what is. The miracle of making an unwanted

condition disappear depends completely on perfect duplication of the very energetic patterning of whatever it IS and thus depends utterly on the absence of any alteration.

In other words it is the truth pure and simple and not a representation (model) of the truth. Diagnosing or naming something is thus not enough.

I would like to quote from the work of Dr. Noel Huntley which again explains this:

"... the 'error' is the human mode of creating representation, which is indirect, including intellectual thinking. We name things, such as an object, by a label. It is represented by a name, which has no intrinsic association with the object...

... To erase something by the mind it must be resonated with, which means duplicating it with one's consciousness and replacing it with the desired aspect. Anything else, any other mental state, will simply add to it, especially a negative, creating a counteraction and lock it into place.

To give a human-level example, psychoanalysts had a certain notoriety for telling the patient the 'cause' of their malady. This sets the mind of the patient to receive an intellectual representation of the problem on which he or she now focuses. This puts the attention of the patient into an external mode, reducing their chance of finding the region in the mind (geometrically) and duplicating it, to solve it. In other words, any cognition, which must be subjective and not objective, is prevented. It can't be solved intellectually. The patient's problem is not a puzzle to be solved. It must be (re) experienced by consciousness..." – The Emerging New Science, N. Huntley

Communication – The Universal Solvent

Communication is a fine art and has to be understood fully to appreciate how consciousness tech actually works. Its prime tool is communication as we shall see later.

Communication is something we tend to take for granted, but this is not what we should do in processing or in any consciousness technology. An example should make this clear. Communication is the sharing of ideas (and thereby creating reality). Let's take the following scene, Alice starts to explain to her husband how she feels about the dinner they had with the Smiths last night and why the comment of Mrs. Smith was awkward. Her husband distracted or for whatever reason listens to her only to the point of her stating that Mrs. Smiths comment was awkward and then interrupts, stops listening and even says *'could be dear, but let it be'*. What he missed is the truth that Alice had actually wanted to confess that she once – years ago – had had an affair with Mr. Smith. One can imagine that Alice is a strong personality and immediately states, but I wasn't finished and so saves the communication from getting lost without completing itself.

A weaker Alice would have suppressed her idea and would have thought to herself perhaps why should I tell him anyway, if he is not listening. Or even completely forget what she had intended to say or even get upset and say *"you stupid…are always bla, bla…"*

Alright, now transpose this kind of situation to a therapeutic talk or in a session and you will see that a practitioner who is not very precise and observant and interested, might miss an important clue. Part of the high quality communication, of the type that is needed to lead to successful resolution of mental problems and conditions, is this factor of paying attention as to whether or not the person has

said all that she intended to say or had to say. This is why the MGT Institute delivers special training workshops to enhance communication skills.

Acknowledgement is another Key Factor

Acknowledgement in the context of communication is a form of letting the other person know that their communication has been received. It is also a means of controlling the flow of communication, such as by saying *'thank you'* or *'alright'* one may clearly express that that communication is now ended.

But acknowledgement has an even wider meaning. Acknowledgement is a form of recognition and as such it ties in with the story in the earlier paragraph which was an example of too early acknowledgement. What is needed in our context is full awareness of the nature of communication as an ongoing transfer of thoughts and ideas and that at a certain point that transfer is complete and needs to be recognized as complete. There are other factors as important that I have not mentioned here, all I want to state here is the importance of communication in any consciousness tech applications.

Communication and acknowledgement tie in with the second key ingredient listed above and form the expression in language of this consciousness.

Consideration

"The origin of things is a contemplation" – Plotinus: Enneads 6, Eighth Tractate 5

This is what we do in consciousness applications, finding the original contemplation, consideration or thought

that lies at the basis of the manifestation which we are trying to solve. The undesirable condition is usually surrounded by a smokescreen of avoidance or justified thought or anything that alters the actual condition as we have seen in the before last chapter. This is handled by a simple repetitive approach. The instruction is simply to keep addressing the same area of un-consciousness using the parts that stick out and that one is consciously aware of until everything has shown up in the light.

The remarkable thing is that when one has thoroughly addressed an area of embroiled thought or charge one reaches a point where the process of quantitative easing, as we could call this repetitive process, has exhausted any and all charge or attachments and that subject has returned to a state of zero significance.

The condition we wanted to solve was the product of creative thought. In using the tool of the imagination (creative thought) we closely paralleled what consciousness has been doing. With full awareness of what shows up by use of the imagination we stumble upon the very origin of the condition which lies in the original contemplation.

More on the Nature of the Self

We have defined the self as that with which you identify and which serves to differentiate you from the whole environment. If we take this definition very strictly and consistently it means however that we cannot now talk anymore of the true self. We can still talk about a higher self, which would be high in a hierarchy of selves.

The real 'I' is beyond being identified as it is that which has the capability to identify in all senses of the word. One could say the actual 'I' can BE anything, just by deciding to be it.[1]

The concept of self has other peculiarities apart from it being an archetype it is quite a subject philosophically. Let's speculate a little and see if this makes sense. This is wild...

The self may be considered to be a trinity and also to be the most elementary structure in the spiritual if not the whole universe.

This may need some clarification. The self is a trinity because it is a duality plus a unity (1+2=3), as a duality it contains an active and a passive principle. The self not only cooks the dinner but eats it too. It is stationary and in motion, it is a state and an on-going process and that is dual, even if one changes one's skin from white to tanned one still remains oneself. It is a dual unity like the chief Hindu deity Brahman is Nirguna Brahman (passive) as well as the active Saguna Brahman. The duality of the active and passive parts of the self is superintended and unified by the 'I' consciousness, this gives the trinity. The self always has a complement which is the not-self, but that is another duality.

Why would the self be a fundamental structure or even particle? A self is a whole unit or holon and can be of any size, as one can be anything. It is as fundamental as it is individual, the product of individuation. It can be further described as a massless particle in that in that it has no substance of its own, being a considered identity. In other words an assumed and therefore provisional identification.

Now let's look at the Standard Model of particle physics, elementary particles have a degree of independent existence and each one of these particles is itself or...is it? One could

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1   *The other reason we chose the word 'I' for the basic consciousness is that it corresponds as a letter to the number one. Again symbolizing 'oneness'.*

say that anything in existence is a 'self' if it wishes to lay claim to existence.

Looking this over one starts to realize eventually that every THING, PARTICLE is a kind of SELF. The language already contains this idea when we talk of the THING-IT-SELF. Every thing has this active and passive part. Things, taking the actual physics into account, are actually more like processes or events, to be a something it must at least persist for a while in time (at least change in time) at the same time to be the same (unchanged) thing it must remain itself. Here our logic hiccups and philosophers argue.

What this means is that particles and selves are continually being created newly. This fact alone should inspire tremendous hope for all of us!

This idea of every particle or thing being a 'self' would also tie in with the idea that all energy is conscious and all consciousness is energy. Physics textbooks usually state that nobody really knows what energy is, this may very well be because 'energy' lies outside of their field.

It would at least be clearly related to consciousness if we define energy as follows: *Energy is that ethereal, substantial aspect of consciousness which can change from relative motion to relative no motion and vice verse, its impulse originating with the desire of the oneness (singularity) to observe itself from many angles.*

The change from relative motion to relative no-motion is easily observed in the function of a capacitor, which absorbs an electrical current (motion) and turns it into an static electrical charge (no-motion). The above definition involves an ether and thus requires some form of ether physics, for example William Lyne's who used the term *'Omni'* for the basic ether particle.[2]

2   *Occult Ether Physics, William Lyne*
http://www.bibliotecapleyades.net/tesla/occultether/occultether.htm#contents

The above definition implies that energy ultimately stems from the highest level, which we have described as Absolute Consciousness or the Oneness. As complete unity exists at that level, it is also at that level that diversity originates and this could take the form of the desire of the Oneness to observe itself. For such observation to become possible a split between an observer and the observed would have to take place. This would be where the distinction between the subjective and the objective (to be observed) stems from as well as the defining characteristic of energy (electricity, magnetism, heat and cold) as dipolar phenomena. The two basic urges would then be the urge to diverge (differ, separate) vs. the urge to re-unite.

All this we are presenting here to justify the need for SELF EXPLORATION. We theorize that, due to the fractal nature of the universe, fully understanding a SELF on one level may lead to understanding any higher selves and ultimately the source of any selves.

The Causes of Disharmony

What causes disharmony in our world in general? One might immediately think of say bombs, guns and starvation. Or one may consider the gap between the rich and the poor or what about deception, fraud and lies? Looking at the news one can see evidence of national, racial, religious, social, communal, family and emotional disharmonies.

Living in harmony with other people and within society at large is fundamentally the activity of allowing others the right to self-determination and that includes granting them the right to their own illusions and deceptions.

Right away though there may be an objection to the above. What about people you can't trust or criminals, even terrorists? That is an important question.

What is stated in the paragraph before last is not workable unless that full self-determination is restricted for a certain category of people or better perhaps for a certain category of behavior. This would also mean that advocating total freedom is problematic in that it would include the freedom to harm others which would in turn reduce their freedom.

The right of self-determination would have to be flanked by the duty to preserve the self-determination of others. Alright so far, but let's be practical. Imagine you would self-determinedly mark out a piece of land and settle there as it has an optimum location and is very fertile etc. One day a visitor comes along and says that he had already decided last lifetime that that exact piece belongs to him for various sound reasons and insists it belongs to him. Now there is an obvious conflict.

To solve this, one could organize a duel as was done in the Wild West of America in similar situations and one would be the winner and the other buried. Of course you could say this is insanity, but a linear or dual type consciousness would consider this normal. That is the consciousness of *'be a man and fight for it'*. There are only two solutions win or die.

Another approach to solve it would be to get in very good communication with each other, dream up a whole bunch of solutions and be wise and choose from a wider range of possible solutions. Once the situation is looked at from all sides, the limited view of either/or, win/lose will naturally dissolve if respect for life and living is the guideline.

Mankind as a whole is still in the distrust and fighting stages of *"I am right and you are wrong if you don't agree with*

me". That is the basis of wars, fights and coercion etc. which we still find going on in and between the so-called civilizations of earth. It would be somewhat simplistic to say wars and fights are just evil and must at all cost be deleted from the experience of man.

A more reasonable view is wars and fights are forceful modes of communication and eventually result in new understandings. One can see an example of this after WW II. Soon after this war was more or less settled, we saw the formation of the United Nations which in fact embodied a new understanding gained from the resolution of the conflict. The world saw for the first time the appearance of a universal declaration of human rights. Regardless of what may now be perceived wrong with the UN it still has worked to increase communication between the various constituents of mankind.

We might conclude from this – merely an attempted generalization – that disharmony may lead to a new level of harmony. This will only be the case when the causes of disharmony are faced and a learning process has taken place.

Could it be that there are different types of harmony? Let's see...

Loyalty, Harmony & Group Dynamics

People who are loyal to their family live in harmony with their kind. People who are loyal to their country are in harmony with their country. Cosa Nostra members call themselves 'men of honor'. As long as they stay loyal to the family they may be said to live in harmony – with the family that is.

This quickly brings us to see that harmony is not a universal thing. There can obviously be harmony within and

disharmony without. This is clearly the case with the crime families, but not only there as the same happens between countries or political parties and so on.
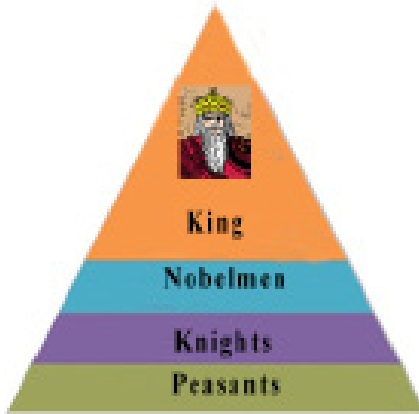
What is this thing called loyalty? In the medieval pattern of society there was a definite hierarchy with the king on top and loyal to the king was the nobility, the lords were loyal to the noblemen and the peasants to the lords. This loyalty was a legal loyalty and there was no choice or self-determination involved.

Becoming a member of a group usually involves complete agreement with the ideology of that group and the loyalty to the group demands at least agreement with the basic rationale of that group, be it a religious, political, social or work group commonly called a business enterprise or corporation. In a strong group all members are fully aligned with the purposes and ideas of the group. Internal dissension is destructive to the group and leads to schisms, factions, break ups and splinter groups. That is why not only groups such as Jehovah's witnesses and scientologists, but many others less visible in the public eye practice 'disconnection'. They do this to protect their group from infiltration with foreign ideas which are deemed dangerous for their members.

In the modern world these loyalties are perceived as voluntary and self-determined and to some degree they are. But they are less so, less than one may have thought. Just consider the following situation. One has almost reached

the age of retirement, the work environment is no longer the same, there are things the management has decided with which one cannot agree. To openly disagree and refuse to follow the firm's policies will inevitably lead to dismissal and loss of privileges and money. Thus the cohesion of groups is enforced to a greater or lesser degree. This we could say is an enforced 'harmony'. On an individual basis this creates an inner disharmony, which we will take up in the next section.

A certain evolution is bound to occur through the process of groups, nations getting in communication with each other (internet) and thereby finding out eventually that there is no real reason for animosity and that there can be love.

Personal Harmony & its Antagonist

Personal Harmony is not perfection. There is no ambition in our work to reach a state of bodhi or ethical perfection or even enlightenment unless that ambition is the ambition of the individual in question. What we want to achieve is rather a dynamic state that can easily default again to harmony.

The existence of momentary upsets, discrepancies, adventures and the inherent ups and downs should not be denied. If one is falsely accused and gets upset it is just so long as it lasts and is normally followed by some effective action.

Therefore the ability of an individual to deal with disharmony is almost as important as having harmony in the first place.

According to psychologists Art Bell and Brett Hart, there are eight common causes of disharmony in the workplace. Conflicting resources, conflicting styles, conflicting

perceptions, conflicting goals, conflicting pressures, conflicting roles, different personal values, unpredictable policies.

In traditional Chinese Medicine, long standing emotional disharmony is seen as a primary cause of disease. According to the Neijing (the main text of Chinese medicine) the seven emotions, or Internal Dragons, Anger, Joy, Worry, Rumination, Sadness, Fear and Shock affect the organs through their effect on Qi. These emotions either repressed or prolonged excessively, cause Qi (energy force, in Chinese culture) to stagnate.

In our view internalized emotions that have not been fully experienced in past times, but were strongly resisted may show up again in the body as electrical charges capable of creating negative effects. There is an echelon above the emotional and that is the level of concepts and thoughts. It is at this mental level that we are able to detect many fixed conditions and emotional reactions.

There are different types of charge or stress, (see definition in next sections). One is contained in past incidents and is the type that can be triggered by corresponding stimuli in the present environment. This is often called traumatic stress. Another is a more prolonged type of charge that is visible in right-wrong conflicts or someone engaging in activities that are counter to their basic goals and purposes.

As life is a harmonic condition, a balanced rhythmic interchange, in the words of Walter Russell, one could say that any and all activities that are directed against life, which one could call 'evil*', are the basic cause of disharmony as well as illness.

This is also how stress is defined in the medical world. Such as given in the following section taken from www. helpguide.org.

Medical View of Stress

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it's real or imagined – the body´s defenses kick into high gear in a rapid, automatic process known as the '*fight-or-flight-or-freeze'* reaction, or the stress response.

When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortisol. These hormones rouse the body for emergency action.

Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus – preparing you to either fight or flee from the danger at hand.
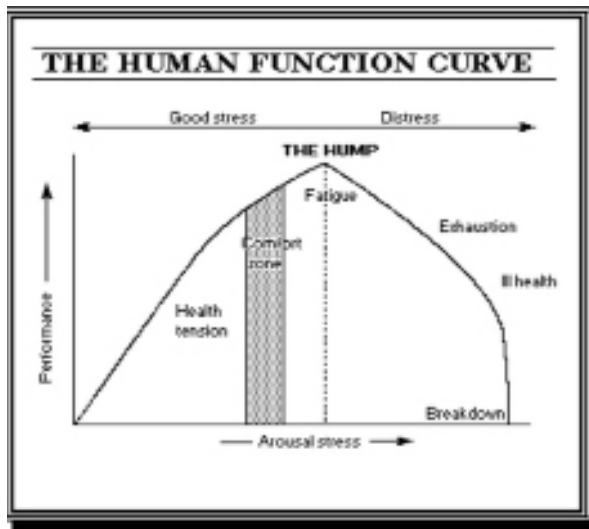
However if stress is an energetic response and serves to save us in emergencies, it is not always bad. See the graph below which will illustrate this.

In other words a certain amount of stress is good stress, the endocrinologist Dr. Hans Selye, who first identified the stress response, called it eustress* (from Greek eu = good) and only after a critical point is reached it becomes distress.

How do we Define Stress or Charge?

We use the words charge and stress as equivalent terms. Stress is defined as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances: She's obviously under a lot of stress (you can see she has charge).

A large part of our attention in applying consciousness technology to daily life situations as well as to long term conditions goes toward dealing with undesirable stress factors. So let's take a thorough look at this phenomenon stress or charge which accompanies us through life. First of all we must admit that stress is ubiquitous – it is everywhere.

Objective stress is when there are clear-cut, open counter-intentions to our intentions and counter forces to our actions. It can be observed and dealt with directly as it is visible. This we could consider the healthy type stress – the overcoming of known obstacles can make us feel happy. If one does not have any obstacles to overcome where is the game?

The other type of stress is what emanates from unknown sources or the unconsciousness or hidden sources. Thus we can see here again that consciousness is thwarted by deception, disinformation on the one hand and on the other hand more subjectively by inner sources of conflict,

inappropriate emotion and reaction, often stemming from undigested past experiences.

Beliefs

What we experience is influenced by our beliefs and what we believe is the result of what we experienced. Function monitors structure and structure in its turn monitors function. Here are a few general examples.

Function: directing people toward heaven. Structure: build a church with a tower pointing straight up. In its turn the church building now limits the options, as people, to go to heaven, now have to go through the church. Function: holding liquid in the air. Structure: a cup. The cup then limits function such that it can be held up and not upside down, which would not be the case with another structure such as a sphere.

As we all have different experiences, it is not surprising that our beliefs differ from individual to individual. There are also shared experiences and that brings us to group belief where all members share a certain belief which is sometimes that is referred to as their reality. This is because it is seen that perception of reality is for an important part determined by one's beliefs. This has been adquately demonstrated by psychologists of the Gestalt School amongst others.

So what does this have to do with our subject of harmony or disharmony?

Beliefs we all know tend to clash and cause argument and war. We have seen that many times. But how about our inner state? What if we have internalized conflicting beliefs? Let's say we believed as a child that all men with nice looking cars were like Uncle Joshua and we ended up being taken for a ride and lost our virginity. Now we may

have acquired a thought pattern like nice car = friendly man = becoming a victim. What to believe?

I am sure you can imagine that this may result in some inner disharmony.

Intuition	Belief
Perception	Data
Fluid	Frozen
Waves	Particles
Duplicative	Representative
Direct knowledge	Data based knowledge
Feeling	Thinking
Right Brain*	Left Brain

So let us take a closer look at what beliefs are.

There is a difference between intuitive knowing and believing. The first is a direct function of consciousness where as the second is, part of consciousness, but no longer having the fluidity. A belief is a somewhat solidified consciousness, a stable consideration of the type *'that is how it is'*. It carries the connotation of no change and a lot of reasoning can be based upon it.

There are other attributes of intuitions and beliefs. Intuition is direct perception based, whereas belief is representative. By representative we mean a substitute or symbolic rendition of what is actually there or one could even say a summary. There is a lot more to this, philosophically. But let us get back to the cause of disharmony.

That thought patterns (beliefs) influence mood and thereby one's mode of living, has been known for ages. This is the underlying idea that started what's now known as cognitive therapy for depression. Depression is an obvious case of very negative thinking and believing charged with negative emotion.

The Apparent Cause

The cause of motion is an impulse of some kind that upsets the equilibrium. This is the initial push of the swing, causing a harmonic motion. Continuing the mechanical analogy we can say that disharmony is created by a disturbance of that harmonic motion, such as pushing the swing sideways.

The apparent cause of disharmony is always an external impulse. In some European countries there is an external (foreign) impulse known as 'Islamic Militants' which is considered by many to cause disharmony. This leads to counter actions from political parties ideologically centered around the idea of stopping the foreign disturbance. This shows in demonstrations which attract again anti-demonstrations from those who have opposite views.

On an individual level it happens often in the vulnerable period of childhood that the evolving self-determination of the child is abruptly thwarted by parents, schools or perhaps older children. One may have been beaten up for no reason. A child can respond in different ways. One is to remember the incident and promise to pay them back. Another is to sink in a sort of apathy and decide that nothing can be done. Another is to pay them back right now by destroying some property or to maintain an inner feeling of resentment.

There is another way, which is like magic, where the child does not re-act but is merely aware of what's going on and learns how the surrounding people act and gradually understands how and why and begins to deal with it intelligently. This child will come out of it quite alright, in the sense of not being aberrated by childhood experiences.

This does not mean that one should become like a door-mat and let everyone walk over you but it should be realized that <u>after</u> the inevitable has happened, resistance or regret is not going to be helpful.

From this it may be surmised that the actual cause of disharmony may not lie in the external impulses after all.

The Way of Consciousness

There exists an attitude that has practically zero-resistance and consists of a pure perception approach to whatever is happening. In that case, instead of trauma what will remain of the past experience – however serious it may have been – is a newly acquired understanding. This would carry no charge.

When consciousness is the guide we can see there would be no or minimal charge accumulation along the memory track of time.

The reality of the situation though is that most of us have not learnt or known that no-resistance consciousness equals no charge and freedom from any encysted emotional charge. Thus we have consciousness technology that can be applied to make up for any lack of education or smartness on our part from the past.

What underlies this apparent stupidity on our part is the belief that certain things cannot be tolerated or experienced and must be avoided or suppressed. This is the same idea that is popular in modern medicine; if there is pain it must be stopped, if stopping that pain creates another pain than that must be stopped too and we end up having to take as much as 15 prescription medicines in a day. Of course none of this resolves the actual issue.

Let's say we have a problem, which consists of conflicting intentions or beliefs, both sides of which are practically of

equal strength. Problems derive mostly from the inability to confront the dual nature of things. One hears I have a problem with my fiancée and as long as the alleged problem is not looked at from all angles including the problem the fiancée may have with him it never resolves. The moment one becomes conscious of the whole problem with the two (or more) sides it usually becomes completely obvious how it came about and how to resolve it. Or magically... what problem?

We will later delve deeper into the problems of the self, but we can already state one thing. It always seems to be the external impulse, external to the self, that creates disharmony and it is the self that is at effect of this. What is most often overlooked regarding the causes of disharmony is the fact that there have to be two vectors in opposition, two intentions, two impulses etc. It never is a one sided affair.

Harmony will not be experienced broadly unless individuals and groups learn to look way beyond themselves. Then and ultimately we will all enjoy dynamic states of harmony once unity consciousness has been attained.

We believe strongly that consciousness technology and in particular its communication and processing technology – subject of the next part of the book – can contribute to improve the quality of life in the personal domain as well as in all domains including life beyond the earth.

Note

Thank you for your careful reading of Chapter 6 - A Theory of (Almost) Everything of the book "The Self-Explorer´s Handbook" by Caspar de Rijk. For more information, see the text below or visit

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The entire edition of this book is available in English with the title *The Self-Explorer's Handbook* (2015; paperback 22,50€; e-book 9,99€) and in German *Handbuch zur Erforschung des Selbst* (2018; hardcover 29,50€, paperback 22,50€; e-book 9,99€). It is available either directly through us, - via the website or email – online e.g. Amazon or in bookstores.

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Thank you very much for your interest and we look forward to seeing you.

Magdalena Moser & your MGT Team