

Philosophy of Self & Metaphysical Mind Surgery

University of Metaphysical Sciences

*CERTIFICATE OF APPROVAL*

Philosophy of self & Metaphysical Mind Surgery

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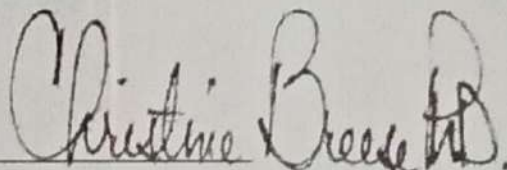
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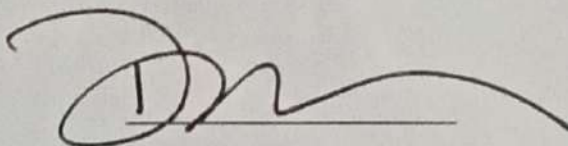
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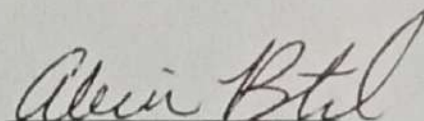
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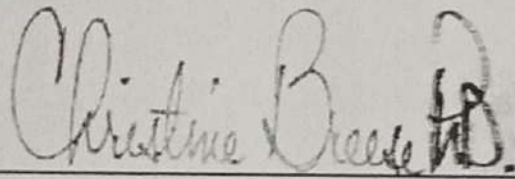
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Philosophy of self and Metaphysical Mind Surgery

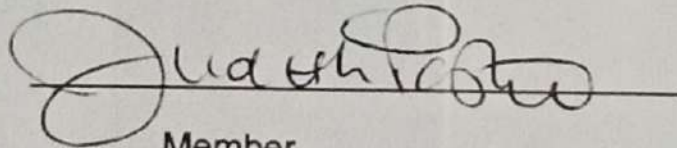
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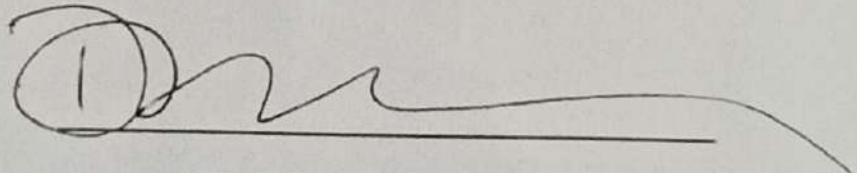
Thesis Committee:

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Dissertation Supervisor

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Member

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Member

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## *Introduction*

*It is possible to heal and transform the sub-conscious causes of both remembered and forgotten traumas and destructive belief systems from our sub-conscious minds for good, utilising the mechanisms of conscious trance states and, in so doing, elevate a person's psyche to experience both emotional relief and spiritual well-being, ultimately emerging triumphantly to experience a oneness with Self and universe.*

The object of “metaphysical mind surgery” is to reinstate or create harmony within our metaphysical or creative minds after removing perceived and misperceived recurring negative feelings, illogical expectations, destructive belief systems and habitual thought cycles. Areas such as the functioning of the human brain and mind as they are understood by most researchers and Metaphysicists shall be discussed in the forthcoming chapters in substantial detail as will the Metaphysical arenas thereof be discussed in more detail throughout this thesis. Metaphysics is in essence intrigued by the *spaces inbetween the wheel where the spokes are not* i.e. the areas which are not obvious, apparent or even easy to identify. This will, throughout this thesis serve as a constant reminder as to the great importance of locating the invisible and hidden aspects of our being in order to heal (our Being is invisible. The word “occult” essentially means... “Hidden”). The result of such new and hopeful prospects shall finally shed light on the coming together of our deep inner wholesome being and love by understanding the massive magic of the metaphysical mind and its close neighbour, the soul and universe. The dynamic essence of imagination can be harnessed to form congruent inner positive reinforcement and self-love and acceptance. Finally, the reader will have an optimistically fresh perspective on the possibilities of inner change with belief that inner peace and happiness *can* now be found by “operating” on the Metaphysical Mind thus “removing” destructive energies and restoring inner sanctum.

The hypothesis of this paper stands to represent new-found hope and vision in the field of hypothetical metaphysical mind “surgery”

## *Review of literature*

*Healing the child within, Charles L. Whitfield, M.D – Dr. Whitfield superbly sums up the story of how we all lose sight of our own inner childlikeness and the effect thereof. Our automatic display of real and uncensored emotion becomes stifled thus rendering us superficial to our own truth.*

*Molecules of Emotion, Candace B. Pert, PhD – Dr. Pert has managed to highlight the truth in essence of chemistry and its dynamic orientation within our bodies. The angle toward such being unique in that she manages to evade all preconception of seeing such a topic with *too much science*. Although her basis is fundamentally scientific, she still manages to eloquently capture the deep capacity of inner potential, a space epitomizing our wonderful world of Metaphysics.*

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*The Infinite Mind, Betty Shine* – The writing and collection of material performed by Betty Shine provides both enlightenment and hope for the reader. The recollection of hands-on observations personifies the fact that our mind does reside somewhat separately from our brains, or grey matter. The teachings in this book could not be more aligned with the hypothesis of this paper superbly illustrate the observations elucidated in this dissertation.

*The Tao of Physics, Fritjof Capra, PhD* – This remarkable book tells the story of oneness of not only eastern philosophy and western physics, but the oneness of all and itself. The common myths of separation of such and the misperceived separateness of all and everything are dispelled. True inner power of choice through the understanding of such a beautiful outlook of combination of each and all allows us to feel connected within and without.

*Emotional intelligence, Daniel Goleman, PhD* – The provocative thoughts of Dr. Goleman shed new light on the fact that we simply *do not* need to just accept our fate as is determined by our I.Q or hyperbolised genetics. Our E.Q, or E.I, is the real foundation of our creative space of imaginative emotion, thus feeling.

*How the Mind works, Steven Pinker* – The book introduces an interesting correlation between the mind and brain. The author begins by admitting that our knowledge of the human mind is somewhat limited in comparison to our knowledge of the human body. He speaks of the minds capacity to compute, with special reference to the orchestrating brain and the replicating minds relationship to the patterns formed at brain level by reinforcements, both positive and negative.

*The alchemy of healing, Psyche and Soma, Edward C. Whitmont, M.D* – The phenomenal mind of Dr. Whitmont explores, quite courageously, the cohesion of seemingly separate and different modalities such as physics, eastern healing, and homeopathic medicine together with the philosophy of our own inner conversation.

*Abnormal Psychology, James Coleman* – This text hosts a factual collection of all psychological disorders qualifying both psychopathology and dysfunction. Interesting and relevant aspects shall be called upon to aid in substantiating my hypothesis.

*Psychology, Themes and Variations, Wayne Weiten* – The author has an interesting way of utilising factual data delivered in a most understandable manner. Herein he explains both the union and diversion of psychological elements themselves.

*The developing Mind, Daniel J. Siegel, M.D* – Dr. Siegel has a special way of communicating. He can translate deep themes with utmost simplicity and surprise the reader who undoubtedly expects mundanity and boredom. A thorough journey of our lives and minds explored.

*The believing brain, Michael Shermer, Professor* – Herein Prof. Shermer describes our magnetism toward beliefs, primarily supernatural and the brains formatting of thoughts via perceived experiences therefore forming patterns eventualizing in either reinforced belief or habitual thinking. An interesting journey into aspects of our universal minds.

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### *Personal relevance*

The fundamental dynamics described in my practice, Sky of Mind, a trans-emotional therapy practice presented in my Masters instructional essay should act as a prelude to what has transpired to date since the creation and application of Sky of Mind. The energy of my work and the relevance to both my clientele and me has already been described in my Masters instructional essay.

I did, however, reach a turning point in my profession around two years ago when I met Lauren Foster (see appendix). Lauren was referred to me by a friend whom I had treated for emotionally-induced dyslexia a few weeks prior. Whilst interviewing Lauren, I realised that there were numerous addendums to her obvious cause of general trauma and not just the humiliating experience which she had experienced in class at the age of 8 after which she became “dyslexic”. Lauren was fraught with underlying levels of low self-worth and even complained that she often saw her life and the world around her as dark.

Because my nature is to constantly push boundaries within the constraints of judiciously caring for the patient’s well-being, I believed and felt that I was very close to finding a solution to Lauren’s problem. The apparent problem was Lauren’s reaction to her own life story. My problem was the fact that she had been “treated” for this on numerous occasions prior and that she was still left feeling sad inside and still unable to read with fluency. The problem was resolved by the intervention of metaphysical mind surgery!

Now of course the type of “surgery” which I refer to is not only imaginary but non-invasive and purely hypothetical with extremely effective results nonetheless. An imaginary surgical procedure, if you will, creating an idea that the concept of *changing our minds point of view* can now be experienced and incorporated into the conscious mind as a far more riveting experience with longer lasting after effects, most changes being permanent.

So I began researching and studying as much as I could, immersing myself in all and everything which even remotely contributed to my academic quest. I informed Lauren of my intentions and at the time presented the opportunity for her to imagine the experience of having her mind “operated” on whilst in a deep state of trance. The experience, I explained to her, was at that stage not guaranteed to succeed, but either way, would be perfectly safe. We both agreed that people felt the need to invest in a healing procedure which could finally offer some sort of permanence along with the satisfaction of *actually feeling* the shifts within. The general feeling amongst most of my clientele was that the term *surgery*, with reference to metaphysics, implied the removal of the negative to reinstate the positive and sat well with them. Reference to the psychological arena is made leaning toward cognitive thought whilst reference toward the metaphysical with particular reference to feelings and spiritual well-being. The fact that my surgery would be imaginary was awesome in that there would of course be no risk of proper surgical trauma or any infection. On the contrary, we laughed, the “infection” was already embedded within ourselves just waiting to be removed. The power of the imagination would be sufficiently heightened by the fact that Lauren’s brainwaves would be slowed down sufficiently enough to induce a comfortable state of trance thus creating the

capacity to access the dynamic of her imagination and lucid dream state. The fact that the perceptive mind needs something congruent to visualise in order to precipitate change made this procedure perfect! I knew that this was the perfect opportunity to combine a modified version of a most interesting technique which I had been using for 2 years and which had brought my past and current clients much success and emotional symptomatic relief; The Dnim mind implant management system! The Dnim (dnim is mind spelt backwards) mind implant management system is represented by an icon resembling a pyramidal structure with two compass-like arms extending from the tip of the pyramid as if creating an inverted pyramid. The many procedures which I perform use this symbol as a visual experience allowing my clients to *see* the graphic icon within their minds eye at the time and point of entering into a deep state of trans-suspension. In light of exploring and explaining the unique rationale of my practice, the use of the term “trans” is used intentionally and is by no means to be confused with the traditional word or state of trance. “Trans” shall mean the “movement” from one state to another and “trance” an altered state from lucid consciousness. Trans-state suspension (TSS) as referred to by Sky of Mind is effective because it allows the subject to dwell in between cognitive consciousness and deep somnambulistic hypnotic state. The conscious mind limits the individual from performing true shifts in thinking, feeling and behaviour as the ego-defence mechanisms of the conscious mind must defend the fragility of the superego which is emotionally charged thus “fearful” of the individual’s personal interpretation of the truth because it is protecting it’s point of view and its status quo and is fearful that these will be challenged and changed, which the ego interprets as an assault on its life, because the ego identifies itself with the small finite mind rather than with the infinite large “Self”. Deep hypnotic state is unidirectional and sets the tone of a dictatorial space in which the subject is prone to subjective suggestibility rather than objective “buy-in” to that concept. Trans-emotional suspension is a newly discovered State which can be accessed to more easily facilitate access to the mediate mind (sub-conscious).”.

In order to fully understand the dynamics of metaphysical mind surgery and in order to objectively examine and assess the effects and consequence a précis of the fundamentals of my practice, Sky of Mind is required:

Sky of Mind works with the concept that within the space of creation, ones being commences life. The life force which makes each and every one of us a unique person comprises three essential elements: – Spirit, body and soul. The spirit is purely and essentially air-based and thrives on positive pneumatic response. In other words, all elements pertaining to how we respire and breathe the dynamic of our inhalations and exhalations and the content of our air within us and around us ultimately affect and impact our spirits. Our bodies provide us with somatic capacity to tolerate our external atmosphere thus making it possible to exist on planet earth. Our soul is the combination of faculties that consists of the mind, intellect, will, and emotions. From birth, our being is exposed to a multitude of life’s experiences which our rational/irrational mind (Conscious and sub-conscious minds) energetically perceives and processes as positive or negative, good or bad. Each and every one of us becomes the sum of all of our collective ideologies and perceptions of what we have experienced and why we believe we have experienced that which we have, all of which has contributed to the

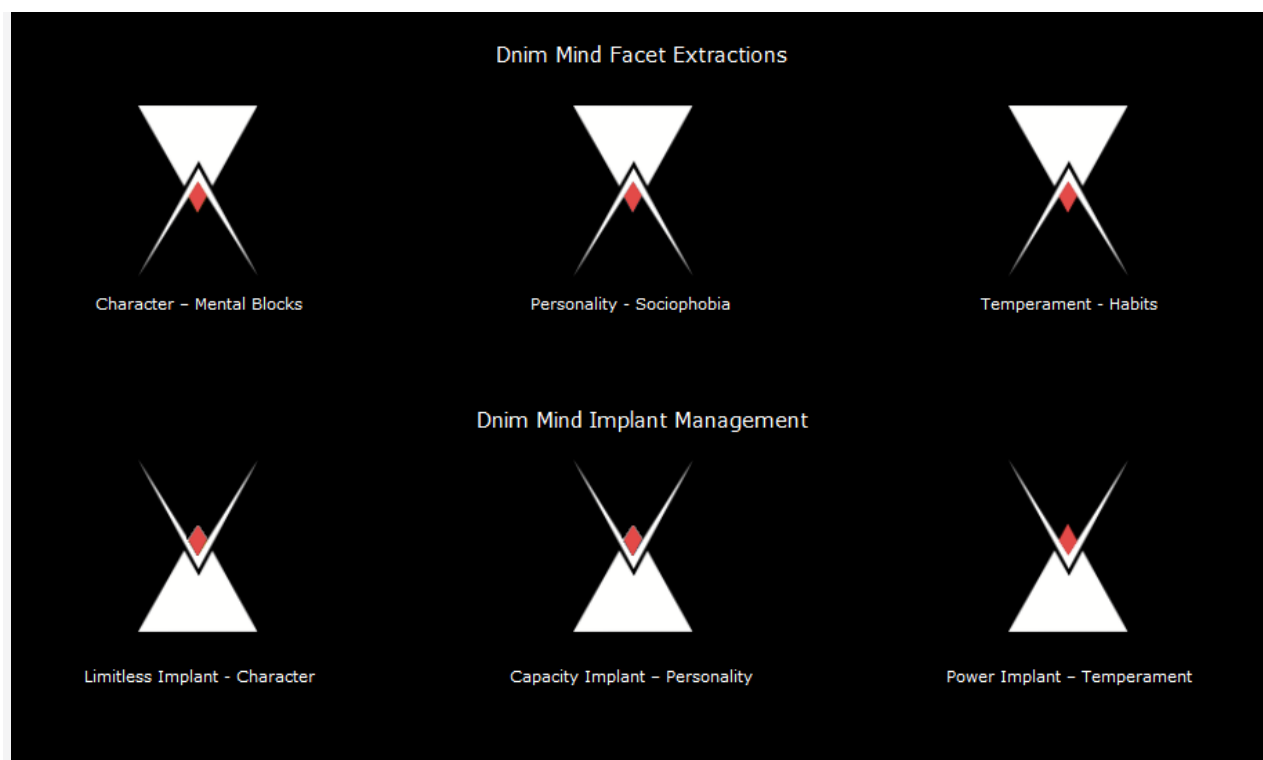


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sensation our spirits, bodies and minds. No matter how “together” we perceive ourselves to be, we are *all* impacted to some degree by experiences which we have encountered along the way especially those traumatic episodes before the age of six, or episodes that traumatised us later on in life, compounded by unconsciousness at the time of trauma. Perhaps we accept certain things that have happened to us as life’s cruel but necessary lessons and just carry on regardless. Perhaps we really wish that we could just turn back the clock and re-live our lives or parts thereof again in order to encounter things differently.

The conclusion of our failed attempts to re-design our lives successfully and reconstruct our perceptions harmoniously results in compulsive negative thoughts and feelings and eventually leads to mental and physical disease. Obsessive-compulsive loop behavioural patterns eventually form as a last resort to attempt to provide our beings with a false sense of security and an on-going failed attempt at regaining power and control over our environment and over ourselves. Our initial subjectivity and emotional story-building from the instance of trauma sets the ball rolling and the whole *why me* is initiated. The constant recurrence of such negative reinforcement delivers a belief system and life impoverishing behavioural pattern which cements the negativity and subsequent helplessness within.

Sky of Mind redefines and fixes our beings and in turn, our lives. The Sky of Mind system promises a safe and successful experience via Super- state suspension after which you will emerge having shed all the negatives which limit and incapacitate you. The client will emerge from the Sky of Mind experience powerful, fully capacitated and relieved of trauma or debilitating belief systems which have been addressed. and totally unlimited in every way possible.





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Whilst envisaging this icon, which is implanted as an “anchor” or “trigger”, namely the implant itself allowed my clients to imagine the negativity *being removed* from their minds or aspects of their being which has been installed during the process of “Metaphysical mind surgery”.

The icon, representing and hosting all the qualities which were previously implanted by me was “loaded” with all the feelings which the client wished to encompass as part of their “new being”. These feeling, states, beliefs, notions, desires were all previously obtained from the Client during preliminary investigative sessions. So it is the Client’s own unique requirements that are reflected back to him in a state of consciousness which provides the facility for the sub-conscious to accept them and implant them to empower that Client to be all and everything he can be, and desires to be.

The implant representing and hosting all the qualities which one could imagine was available and the client could choose to “load” the imaginary implant with all feelings which they wished to encompass as part of their “new being”. Conversely, the client could imagine de-plants, dubbed Dnim mind facet extractions, removing unwanted feelings and the likes thereof from necessary areas of character, personality and temperament. Thereafter the client could experience, through the imagination, the appropriate implant residing thus delivering appropriate pre-determined sensations, suggestions, beliefs, expectations and emotional states dramatically transforming dramatically impacting the limitations, capacity and power of the individuals mind and greater being (As indicated above). Character is defined as a component of personality. Personality is defined as the fundamental system compelling our way of thinking, motivation and behavioural patterns. Interestingly, though the Greek root derivative *persona* means *mask*.

*“Masks were used in Greek and then Roman theatre to reveal the identity of the acting character role onstage and not in the typical way by which we define masks, as in masked balls or to act as a means to hide the identity of an individual” (Wikipedia on Princeton.edu).* Personality is thus ultimately a combination of our unique biological make-up coupled with our unique exposure to our environments.

*“Personality can be defined as a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, motivations, and behaviours in various situations.” (Wikipedia on Princeton.edu)* Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. *“The study of personality focuses on two broad areas: One is the understanding individual differences in particular personality characteristics ...the other is the understanding of how the various parts of a person come together as a whole.”*

By the definition of personality above, *character is a component of personality* that may be shaped by both *biological and environmental factors*. Character, being related to the areas of personality theory study of motivation, behaviour and cognition, is thus measurement of ethical, moral and virtuous reasoning, motivation and behaviour. Character can therefore be considered to be more like temperament than like personality. Temperament harbours our fundamental qualities since birth and has no essential relation to any form of

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environmental influences (though in utero environment i.e. environment experienced in the fetus state, may or may not be included in this definition). The fundamental temperament traits as recognized by classic psychology theory can be impacted by influence, that being intentional influence, e.g., parents, and unintentional influence, e.g. hostile school environments, but *cannot* be altogether changed. As result, temperament markers are good predictors of future life results. While temperamental traits can *change in quality* over time, they will *not change in type* over time: they will *remain consistent over time* despite changes in quality due to education (improved) or aging (declining). Character will later on in our lives eventually become defined as innate. Character is defined as being a component of personality. Both Character and personality are dependent on the *combination* of biological factors and environmental factors while temperament is defined as present since birth and consistent throughout life despite environmental factors, which cannot change but can only shape, or mould, the expression of our temperament.

So it all began, going back to the proverbial drawing board, re-sketching the relevant schematic diagrams pertaining to all that I had learnt thus far and been enlightened with by others on my journey surrounded by knowledge-enriching experiences within my own heart-warming practice.

I knew that my work as a qualified hypnotherapist coupled with many shared blessings of spiritual enlightenment and healing which would be provided during my further study through the ranks of my degrees with the University of Metaphysical Sciences was solid. At that point, my practice Sky of Mind had already been up and running for 3 years and I had established a steady base of clientele. I had finally figured out a way to perform my first procedure in metaphysical mind surgery and was finally ready to demonstrate the new addendum to my practice. The crux of the procedure would provide a deep state of calm for Lauren wherein she could advance toward her new-found altered state thus accessing her right brain hemisphere and unlocking her creative opportunities awaiting change within her imagination. Lauren was made comfortable and reassured that she was perfectly safe and sound. As she slipped gently into trans-state suspension, I began to apply my Dnim mind implant using the same method as usual; The infinitely-deepening state of deep relaxation continued to immerse Lauren deeper and deeper within herself as she responded to the suggestions of my soothing voice.. As the procedure of mind deepening or altered state induction grew, she found herself resting in a safe and tranquil space and beginning to visualise her implant iconology available to her to reinstate her new-found sense of empowerment.

Everything was on track.

This time, however, one thing was different. We had just embarked on the beginning of a dynamic journey in metaphysical mind surgery that would change Lauren's direction in life forever and open a dynamic new arena of hope and relief for many clientele to come! The following *findings* section of this thesis describes the procedure of metaphysical mind surgery and explains both *how* and *why* it works. The reference of many congruent and relevant academic perspectives, thoughts and ideas is thus necessary in order to substantiate, agree with and support my own findings with the vision of ratifying the direction and course of metaphysical mind surgery.

### *Findings*

*“The furies are at home in the mirror; it is their address. Even the clearest water, if deep enough can drown. Never think to surprise them. Your face approaching ever so friendly is the white flag they ignore. There is no truce with the furies. A mirrors temperature is always at zero. It is ice in the veins. Its camera is an x-ray. It is a chalice held out to you in silent communion, where gaspingly you partake in a shifting identity never your own”*

*Manic Street Preachers – This is my truth tell me yours*

The perception or misperception of our own self-image egotistically looking back at us allows us to believe that the reflection itself which we behold is actually us. We not only believe that it is us, we believe that it is us in the here and now. The above-mentioned quote from *Manic Street Preachers* describes this so accurately.

Another great quote was by Graeme Edge of the *Moody Blues* in their album *Threshold of a dream – In the beginning* which read “I am. I think I am. Therefore I am. I think.”

The fundamental philosophy depicting these thought-provoking words written in 1969 are so appropriate to consider whilst furnishing answers to the abundance of pressing questions relevant to the meaning of life and in particular, the specific and unique purpose of our individual lives. The concept of existence in itself is a mystery appropriately qualified by Professor Shermer in the following passage. However, before we proceed toward identifying and explaining the metaphysical surgical procedure used to “remove” undesirable feelings and as a result destructive thoughts, we should explore what exactly these feelings and thoughts are, where they come from and why they are still abundant despite our every attempt to improve them, or remove them.

*Professor Michael Shermer explains in his book the believing brain – The believing neuron, page 111 “No brain, no mind. We know this because if a part of the brain is destroyed through stroke or cancer or injury or surgery, whatever that part of the brain was doing is now gone. If the damage occurs in early childhood when the brain is especially plastic, or in adulthood in certain parts of the brain that are conducive to rewiring, then that brain function – that “mind” part of the brain may be rewired into another neural network in the brain.”*

One pressing dynamic which continues to intrigue me are the dynamic experiences which occur at *feeling* level and the impact that these feelings actually have on the positive lifespan of the brain neurons themselves. In other words, if we interpret experiences as negative or detrimental resulting in relative *thoughts* of the same bias then surely such negatively-loaded feelings must, through patterns of negative reinforcement deteriorate the positive “thinking” capacity of the brains neurons thus resulting in a myriad of negatively-charged or negatively “thinking” neurons which ultimately create an overall sense of holistic negativity.

Professor Shermer goes on to explain that the certain groupings of neurons are essentially the interface of habitual response triggered or fuelled by what he describes as *operant conditioning* in the *believing brain – the believing neuron, page 117 “Whereby any behaviour*

*that is reinforced tends to be repeated. A reinforcement is, by definition, something that is rewarded to the organism; that is to say it makes the brain direct the body to repeat the behaviour in order to get another positive reward."*

This is by definition a much celebrated reality and truth within the occupancy of the world of psychology and that which we, being Metaphysicists and philosophers, would clearly agree with and hence suffice our natural inclination toward deriving pleasure in all that we do. My specific interest, however, is vested in the common case scenario where we find ourselves from a young age unconsciously affected by the perception or misperception of the meaning of our lives and experiences which we have been exposed to. What actually happens when the interpretation of things which we see, hear, smell or even taste is perceived as negative upon experience?! What occurs deep within us when we go through the stages in our young or even adult lives, where we find ourselves feeling unworthy of feeling or even acquiring goodness?! What if the so-called *pleasure* is now born from continuously lowering the bar and sabotaging our own capacity so as to fulfil a misled, misinterpreted forecast of our lives to come? Surely by putting ourselves down, as we all do at certain stages of our lives, we are *all* experiencing the aftermath of on-going deep underlying self-repression and feelings of insufficiency and/or inadequacy either within our own lives or by the deemed definition of others. In fact, the on-going invisible flow of negative perception or misperception alike is the number one cause of our reigning discontent, irrespective of how much we *have actually* achieved or accumulated. Our superegos' are persistent and need to be correct. We therefore understand how this force to be reckoned with can influence and sometimes damage our lives.

The concept of *being right* is the cause of most conflict, both within our relationships and within us. To *do right* is certainly the gateway to inner harmony and possibly even world peace.

*Daniel Goleman PhD in his book Emotional intelligence says on p.46 – "A Belligerent samurai, an old Japanese tale goes, once challenged a Zen master to explain the concept of heaven and hell. But the monk replied with scorn, "You're nothing but a lout – I can't waste my time with the likes of you!" His very honour attacked, the samurai flew into a rage and, pulling his sword from his scabbard, yelled, "I could kill you for your impertinence." "That," the monk calmly replied, "is hell." Startled at seeing the truth in what the master pointed out about the fury that had him in his grip, the samurai calmed down, sheathed his sword, and bowed, thanking the monk for the insight. "And that," said the monk, "is heaven."*

The concept of being right as opposed to doing right is expressed perfectly in the above excerpt. Dr. Goleman intuitively implies that the superego, i.e. the need to be right at all costs is the fundamental root of our destruction both within and around us. The stable reconsideration of our words and actions devoid of super egotistical intervention results in soul-enriching decisions and harmony. This therefore implies that all the underlying traumatic episodes and their points of view resulting from that individual's interpretation of the event, have all been transformed, and healed out within that person's psyche, and ultimately healed out of his auric body which is the metaphysical repository of all past traumas and occurrence. In this regard, karma could thus be viewed as the vibrational scar tissue held as vortices of energy in the aura itself. And since you cannot destroy energy, these traumatic episodes will follow that soul from lifetime to lifetime, perpetuating that endless

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wheel of birth and rebirth until they are healed out by work done in the Trans - emotional state of being.

This overwhelming, devastating human requirement to be right at all costs is fundamentally due to the fact that the Being identifies with the mind and all its points of view (aka belief structures or systems). Any negation, or threat of negation of a belief, a notion, a concept by an external source, be it in the media or any other face to face communication is perceived as an attack on a point of view or as a threat on the Being, which is a threat on that person's ultimate life. This is why people will kill to maintain their rightness. That is why they will attack to defend their point of view, sometimes to the death. The mind makes a wonderful servant but a terrible master.

The fundamental purpose of metaphysical mind surgery is further summarised by *Erikson's stage theory p320 – Weiten psychology, Themes & variations* wherein Erikson describes 8 stages encompassing the essential stages of all human beings which ultimately indicate the fundamental milestones in our lives which tend to challenge our perspective of true perception and can therefore be viewed as the cornerstones of our inner dilemma of confusion in not being able to clearly differentiate between who we are and how we are perceived by others.. In the first stage, *trust versus mistrust*, Erikson asks the question “*Is my world predictable and supportive?*”The second stage is titled “*Autonomy versus shame and doubt*”wherein the author questions “*Can I do things myself or must I always rely on others?*”The third stage called “*Initiative versus guilt*”harbours the provocative question “*Am I good or am I bad?*”The fourth stage, “*Industry versus inferiority*” questions “*Am I competent or am I worthless?*”The fifth stage, *Identity versus confusion* asks “*Who am I and where am I going?*”The sixth stage “*Intimacy versus isolation*” wonders “*Shall I share my life with another or live alone?*”Stage seven, “*Generativity versus self-absorption*”asks “*Will I produce something of self-value?*”Finally, stage eight titled “*Integrity versus despair*” questions “*Have I lived a full life?*”.

What is most interesting is the fact that at first glance, the 8 stages described by Erikson seem to imply a general *flow* through the ages of our general lifetime. Even though Erikson uses his stage theory to extrapolate continuity and general fluidity throughout the journey of our lives, each stage of his stage theory can still collectively be applied to any one of us at any stage of our lives. What is also quite phenomenal is that each and every stage described can also be collectively experienced in each and every stage of our lifespan to some or other degree. For example, even the common infant could in all probability experience a sample of perhaps each stage albeit in a very soulful and intuitive way and not yet in a conscious or congruent manner. From our very commencement in life, we are constantly questioning whether we have made the right decision or made the wrong one. Although the infant may be querying from a much more unconsciously passive stance and the adult from a more cognitive conscious perspective, both are nonetheless life-long prisoners of the self-created guilty mind hyperbolised by other people's selfish reactions. The only real difference being that the infant may have just commenced its lifelong journey of impending guilt and confusion whilst the adult has already become a master conductor thereof.

The point in statement being in that we are all exposed to experiences of many various types providing us with the typical aftermath and effect of self-induced negative feelings many being ultimately born from guilt and growing into confusion. If we now again think of the concept of neural rewiring or reinforcement with specific reference to reinforcement of specific formats of thoughts re-tracking the same neural pathways time and time again, we can quite clearly imagine the probabilities of *feeling to thought* influencing and thus determining the matrix of our thought processes arriving as a result of the delivery of feelings a such. We can therefore further entertain the viability of healing and comfort found in the “re-direction” or “removal” of such negative feelings by exposing the mind to a revisit of the *actual event* and the way that it *actually occurred* devoid of any subjective dissuasion from the objective occurrence of the event itself. We will thereafter certainly find the herald of healing in our new-found capacity to *see* things and to experience them devoid of our interpretation of the event and the traumatic feelings accompanying the interpretation of the event in a way they actually occurred and not how we remember them, or being afraid of their natural occurrence. We can remove habits of darkness and fill its empty space with light.

The way they actually occurred and not how we remember being afraid of them occurring. We can remove habits of darkness and fill its empty space with light.

*Edward C. Whitmont, M.D* in his book the “*alchemy of healing – psyche and soma*” accurately agrees with this point on *page 213* by expressing “*When impulses from a newly emerging implicate order arise from the field of the self and encounter resistance from the explicate status quo, a dramatic conflict is created. When the tension results in an impasse, this manifests as illness. Healing follows when elements of this resistance can be sacrificed and thereby make “space “for the new form to enter. A subsequent synthesis is thereby established, by virtue of which the life force, the Qi, can flow freely again.*” It is therefore resistance that creates the perpetuation and repetition of the event, “Whatever you resist will persist”. The resistance is caused by the unwillingness to experience the actual feelings generated by the event itself as well as by the individual’s interpretation of the event.

As Metaphysicists, we must be preoccupied with all and every underlying force which contributes, no matter how great or small, actively or passively to the Grande matrix of our psycho-somatic existence in its entirety. We should look to the real hierarchical infrastructure of our psyche and soma with a fresh perspective on the possible. We can now envisage that the original source of negative energy eventualizing into negative feelings toward negative thoughts and resulting in a recurring emotion must be designed, manufactured and despatched by our very own sub-conscious mind. The universal mind is the omnipresent mind, into which will fall the group traumatic and institutionalised experiences, which are repeated sometimes generation after generation anthropomorphising group energies into archetypes, some of which are group specific, and others which are universal archetypes (e.g. the Archangels, etc.

Although it is quite clear that our thoughts and feelings, or feelings and thoughts work seamlessly together, let us then work with the notion that based on the classic “chicken and

egg” scenario i.e. which came first, that it is actually our feelings which precipitate resulting thoughts, and *not* primarily thoughts recreating feelings. We can experience this fact in the dynamic lives of infants. It is quite clear that although the infant has a very underdeveloped cerebral cortex, the section of the brain known for its processing power and cognitive ability, it is still able to experience or sense “vibes” from people, animals and its surroundings in total. How is it possible for an infant to *know* the nature of something sufficiently enough to react with such emphatic emotion whilst considering that it hardly has any real life experience yet, certainly not enough to process anything with any sufficient computation of logic. The answer: It *must* be deriving its knowledge from feeling and that knowledge of feeling must be the force of intuition. In fact, if we look deep enough, we can actually even see this occurrence in each and every one of us, adult or child. However, each of our personal dynamic psychic connections to the omnipresent universe and its global etheric aura *must* represent *the* inextricable fathom and *really* be the root of our feelings, thoughts and being. Surely then, the genesis of disease of confusion must certainly be borne out of a marriage between *what we know we feel* and *what we think about what we feel*. We can thus explain metaphysical mind surgery as a procedure adamant at reaching the nucleus, or fundamental genesis of our human mental condition therefore encompassing healing and peace for what we *really* connect with. Surely it is more effective to realise the root-dynamic feelings residing at the causation gateway of our succumbing thoughts and not the mere symptomatic address of the thoughts themselves.

*Charles C. Whitmont, M.D., The alchemy of healing, psyche of soma quotes Joseph Campbell, the inner reaches of outer space: metaphor as myth and as religion, New York: Harper & Row, 1986 p.110 – “Looking back over the course of one’s days and noticing how encounters and events that appeared at the same time to be accidental became the crucial structuring features of an unintended life story through which the potentialities of one’s character were fostered to fulfilment, one may find it difficult to resist the notion of the course of one’s biography as comparable to that of a cleverly constructed novel, wondering who the author of the surprising plot could have been...”*

We all, at some or other stage of our lives cannot help but wonder *what if* our lives had taken a different turn. Would the tapestry of our lives be different? What would have happened if we had made decisions different to what we had at the time?

*In his book healing the child within, Charles L. Whitfield, M.D states on P.67 – “As problems, concerns, conflicts or patterns come up in our life, we can bring them up with selected safe and supportive people. At first it may not be clear just which of these core issues – or perhaps more than one of them – is involved for us. Core issues do not present themselves to us as an “issue.” Rather, they present at first as problems in everyday life.”*

So, we can now see that thus far, we have experienced our first quota of self-inflicted guilt by wondering if our lives could have somehow been different had we done things differently. The matter of fact is, however that our lives are actually the seed of the brilliant godly-design perfectly accurated by the universe, produced at the speed of life and born from Mother Nature, the ruling force which resides in the very *kundalini energy*, or base of our entire physical, emotional, mental and spiritual existence. Therefore our spiritual essence flowing



with *Qi* or life force is not only fundamental to our existence but is an essential spacial space to access and utilize in order to experience successful metaphysical mind surgery. Although the entire process of our relationship with Mother Nature actually *always has a reason*, we cannot always accept the universal reasons as being *reasonable* relative to our persona. Because many are not always entirely happy with our lot, they begin to scrutinise their allocation by comparison to others thus always arriving at the gates of envy in a vehicle of self-pity together with the seeds of discontent sewn deep in their feeling base. We start to experience the impact this has on our spirits and succumb to “spiritual disease”. We can now clearly understand just how the nature of the seeds of our feelings strewn to the soils of our souls will surely give rise to the flora of our thoughts, blooming accordingly. The uniquely perceived dramatic course of events building and painting our lives will either be perceived as comedy or horror, enlightening or assimilating.

*Charles C. Whitmont, M.D – The alchemy of healing – psyche and soma, p.77, quotes Hans-Ulrich Rieker, meditation, Zurich, Rascher, 1962, p.102 – “Originally, drama was perceived as a play that nevertheless, represented inexorable destiny. Far from being mere distraction, it was felt to serve the guidance of the soul; according to the iron laws of a timeless dramaturgy that exacts obedience from the play of destiny, from the living myth, inner as well as outer, from tale no less than from the dream of initiation.”*

The author implies that drama, which is the stage on which all of our lives perform, constitutes both positive and negative energies, both required as a combinative force of drama itself. Although we wish that our dramatic lives could consist only of that which we deem to be positive, if it were possible, from whence would we derive our growth opportunities if not from life’s little and large challenges?! Upon closer examination we find that life’s challenges themselves are not the essence which we believe threatens our mental stability but rather the subjective emotionally-charged emotional “story” which we elaborate and thus misperceive the challenge to mean so much more than what it did.

The above-mentioned passages illustrate the purpose for metaphysical mind surgery; why it is so necessary and how it works so successfully. As we continue to experience life itself, challenges of different types and natures occur. These challenges are merely events which occur by universal reason but are hardly received as reasonable by us as individuals. When we boil down the essence of a challenge, we arrive at the truth, or a factual event or occurrence at that point in time. Because our five essential senses are constantly alert, some or all of our five senses become amalgamated with each and every event which we experience. If an experience is perceived as positive then one or more of our five senses process that experience as a positive vibration is then actioned and recorded in memory by the assigned neuron/s. However, if that same event is perceived as negative then one or more of our five senses process that experience as a negative vibration which is too then actioned and recorded in memory by the assigned neuron/s. It is the latter process with which I am primarily concerned as it is this process of negative reinforcement which has created the capacity for metaphysical mind surgery. The topic of neural pathways and the fact that the neurons themselves are responsible for conducting thoughts electrochemically has been discussed and accepted. The question is, however, where exactly do these thoughts come from? It has too been discussed with sufficient belief that feelings, essentially emanations from the intuitive psyche, clearly exist prior to sufficiently developed cerebral activity. It is thus fair to state that it is our feelings which precipitate our thoughts and that enough experience of feeling *bad* will most certainly be the architect of *bad thinking*. It has also been

widely noted that enough *bad thinking* can materialise and manifest into various psychosomatic disorders e.g. into obsessive-compulsive disorder (OCD).

*Abnormal psychology, Pearson international edition, Obsessive-compulsive disorder, P.211 – “Diagnostically, Obsessive-compulsive disorder (OCD) is defined by the occurrence of unwanted and intrusive thoughts or distressing images; these are usually accompanied by compulsive behaviours performed to neutralize the obsessive thoughts or images or to prevent some dreaded event or situation.”*

The experience of repeated failure to deal with and heal out the relentless nature of feelings can quite often result in obsessive-compulsive disorder. The adoption of rituals and habits constantly fail to appease and only serve to strengthen the uncontrollable desire to repeat or intensify the behaviour. Eventually the pattern of negative loop-like thought has anchored into obsessive mode and still the original cause of misunderstood feeling becomes suppressed even deeper. By the time intervention occurs, it is all too sadly misappropriated with scheduled drugs which often serve as symptomatic treatment and hardly conquer the cause or the thoughts are cognitively reckoned with and very little or no attention spared toward the original feeling and its origin which became distorted giving rise to the whole problem in the thought base. If I happened to fall off my bicycle as a young boy and at the precise time of falling happened to hear birds flying above me and simultaneously saw a woman in a red dress, the result of the single *objective* experience - which was only the fact that I fell off my bicycle - would become significantly distorted by the sensory associations with what I had heard and seen at the time. In other words, my mind would compact all of those experiences together as one collage therefore making it difficult to isolate the single truthful occurrence from the experience and in turn making it impossible for me to *experience* things as they were or to revisit the event *exactly* as it occurred in addition my own personal interpretation of the events with its spectrum of inputs, would put its own individual spin on it for me, and embed that spin firmly into my sub-conscious.

### METAPHYSICAL MIND SURGERY: THE METHODOLOGY

Metaphysical mind surgery is ultimately and appropriately focussed on the safe and tranquil exposure of the original feeling, or truth, just before it became synthesised by any number of the five senses and prior to becoming subjectively marred or distressed by the thought process. In other words, the metaphysical surgical procedure targets each and every sensational or emotional interpretation with which we ourselves have decorated the original event with... and “remove” the traumatic energy which has been embedded in the psyche, or sub-conscious. The successful “removal” of these embedded traumas is imperative because just as the physical body is intent on healing after wound trauma, so are our feelings, our soul body, or “Higher Self” intent on healing from misappropriated feelings and in turn, our spirits are lifted from this transformation or liberation from the bondage of pain and trauma, therefore expressing a deep, holistic and omnipresent sense of well-being. Consequently, when the feeling mind heals, the healing signal is sent to the brain to process a new pattern of thought resulting in a brand new array of welcomed emotions. This is achieved by re-programming within the clients new-found needs or wants. The positive reinforcement thereof succeeds in a fresh and positive signal being repetitively transmitted to the brains neurons thus eventualizing in a completely new perspective, both internally toward self and externally toward the universe. In order to incur such a dramatic transition we would need to first transcend slowly but surely into a deep state of trance. It is at this point that the necessary equipment for monitoring our state of consciousness is applied. Apparatus which

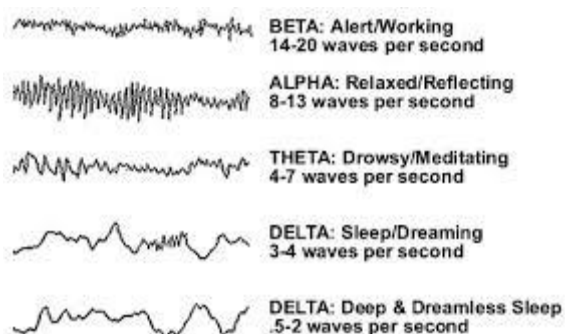
transmits audio & visual frequencies and light emissions through a pair of closed headphones and glasses structured with strategically-placed light emitting diodes (LED's) is applied whilst another apparatus is connected to the fingertips of the client to measure and record cohesion (state of alertness or trance), heart rate (Indicates conscious response to stress) and skin tension (Indicates deep unconscious response to stress). A deep trance creates access to the entrance of the subconscious mind making it available for reviewing stored information from the past. The logical left hemisphere of the brain resists any attempts to access the creative right side where the gateway to the creative unconscious resides. The right hemisphere of the brain i.e. the gateway to the sub-conscious is where all "re-feeling" can occur thus eventualizing in right brain hemisphere "re-thinking." A sense of *falling* or *slipping* is essential to engage the procedure. This imaginary sensation alters the level of brain wave activity from the conscious state (Beta) to the light sleep state or meditative state (Alpha) and eventually to the deep sleep somnambulistic state (Theta). Once our brain wave activity reaches Alpha state a trance state is induced. As soon as the feeling of heaviness is noted the *falling* or *slipping* sensation is halted. The fundamental access point and descension pathway is explained as follows:

**Beta waves** (15-30 oscillations (or waves) per second (Hz) - Typical brain rhythm frequency in awakened state associated with cognition and conscious problem solving.

**Alpha waves** (9-14 Hz) - As we relax, our brain activity slows down from the rapid patterns of beta into the more gentle waves of alpha. New creative energy begins to flow; Conscious fears disappear as we experience a liberating sense of inner peace and stability. The "alpha state" is where meditation begins as we begin to access the wealth of creativity located just below our conscious awareness. It is the gateway accessing into deeper states of consciousness.

**Theta waves** (4-8 Hz) – As we enter relaxation into meditation, we enter the "theta state" where brain activity slows down toward the primary point of sleep. Theta brings forward heightened receptivity, flashes of dreamlike imagery and at times our long-forgotten deep repressed memories. It can also create a sensation of floating or flying. Theta is one of the more elusive and extraordinary realms to explore. It is also dubbed "the twilight state" which we generally only experience as we rise up out of the depths of delta upon waking, or drifting off to sleep. In theta, we are in a waking dream, or experiencing lucid dreaming and we are in tune to information and energies way beyond our normal conscious awareness. It is believed that theta meditative frequencies awaken intuition and other extrasensory psychic perceptions.

**Delta waves** (1-3 Hz) - The slowest of brainwave activity is found during deep, dreamless sleep professionally referred to as somnambulism.



STATE	FREQUENCY (cps)	AMPLITUDE (microvolts)	COMMENT
Gamma	25 - 60	0.5 - 2	Hyper-aroused and quite dangerous to the brain
Beta	12 - 25	1 - 5	Conscious brain state. Fast dysynchronous activity
Alpha	8 - 12	20 - 80	Conscious brain state. Synchronous activity
Theta	4 - 8	5 - 10	Usually unconscious. Slow rhythmic activity
Delta	0.5 - 4	100 - 200	Usually unconscious. Very large rhythmic activity.

When we are in a trance state, our brain waves slow down and decrease in wave length. There are two hemispheres of the brain - the left hemisphere is logical/intellectual of a masculine or Yang nature and the right hemisphere is creative/intuitive with a feminine energy. The right hemisphere is the access point to the subconscious. This is the part of the mind that is open to suggestibility and is the gateway to our astral power. When the left hemisphere of our brain is engaged in thought, the right hemisphere cannot be accessed. Trance state blocks the left hemisphere so we can access and operate in the right hemisphere (subconscious). It takes time to induce a deep state of trance coupled with trans-suspension state. Deep trance states are not always necessary, but for specific operations they are imperative. Individuals being treated should be categorised as physically suggestible or susceptible to inference so as to determine the applicable method of induction.

As we continue to develop our adult brains through cognitive thought coupled with creative energy our brains grow, not in magnitude but rather capacity. The human brain can be likened to a very sophisticated computer. This “computer”, however, responds to signals of sensation delivered to it for computation.

No-one has even come close to using their entire mental capacity. It has been previously estimated that on average, people use only 10 percent of their mental capacity. Neurologists claim that the cerebral cortex is the epicentre of all cognitive thought. The Cerebral Cortex is made up of two hemispheres called the Corpus Collosum which are connected by an intricate web of dense nerve. These fibres act as a super highway connecting the two halves of our brains.

The left hemisphere of the cerebral cortex is the one that manages matters of logic, such as, reasoning, analysis, mathematics and language. The right hemisphere of the brain governs visualization, dreams, pattern recognition, colour, imagery and imagination.

Innate abilities are those which we are born with or come to us naturally. It is believed in many cultures that each of us has a natural psychic ability. Our psychic capacity plays a crucial role in the metaphysical mind surgical procedure in that actual shifts within our own

holistic being are only really possible once we have entered into the matrix of our own psyche so as to dawn awareness of our co-existence within the ether, the all and the everything. This is where our instinctive sense, the sixth sense heightens our capacity to *know* through *feeling* and not by *thinking* and to accept how we feel as a result of knowing without needing to question. This is the time when the *feeling mind* experiences profound change whilst undergoing the metaphysical mind surgical procedure.

*Betty Shine* explains in her book *the infinite mind*, P.164 – “My belief in the infinite mind grew stronger every day. Because the messages and visions seemed to have nothing to do with the majority of my clients at that time and obviously had nothing to do with telepathy, the messages had to be something that could travel in a different time frame. The connection with universal time and our own time, a way of looking back and forward, something that fused it all together, had to be the infinite mind”.

This third eye otherwise known as the second chakra is considered to be the minds nucleus which is also our path to wisdom, spirituality and inner vision. It is for this reason that the majority of credible psychics consider this the most important of your seven chakras. Visiting this chakra affords us the ability to access spiritual enlightenment and guidance. Although harnessing our psychic ability to open the third eye is most generally achieved through meditation and chanting, *the joy* of the feeling mind whilst in a state of trans-suspension is however sufficed in harmony and bliss thus rendering it possible for our third eye to open widely, absorbing through all that we perceive as good and useful for our being and dispelling the negative light or any negative energy from within.

This deep psychic state has been accessed on many occasions by those who have experienced Sky of Minds trans-state suspension through deep trance. The sub-conscious mind is host to the creative mind, just beneath the conscious mind where we store surface information. The sub-conscious mind is where repressed memories and suppressed energy is stored. For example, when we need to recall someone's telephone number, we would access it via our subconscious mind. The number itself isn't simply floating around in our conscious mind however the recollection of the memory thereof recalls the number attached to the memory itself. This is a most crucial aspect which explains how metaphysical mind surgery works. The concept therefore explains that all experience is accompanied by trigger-related memories. The *anchored emotions* or desired memories of experiences are accessed during the surgical procedure in order to reveal the truthful occurrence at the point of that experience. Our sub-conscious mind is however where we store perceived traumatic memories. These are the memories (vortices of potentially destructive stored emotional dynamic energy) that may be damaging to our psyche and *not* the experience itself. It is ALWAYS the interpretation of the experience or the event! This is most certainly the crux of the success of metaphysical mind surgery as once entranced and regressed, we can revisit *any* experience and realise that it was merely the perception or memory of the experience itself that was always more painful than the actual impact of the experience. In other words, our memory of an event at the exact time which it occurred is always more subdued and less “emotionally decorated” than when we recall the memory of that same event after its occurrence.

*Candace B.Pert, Ph.D* wrote in her book *Molecules of emotion* on P.135 – “In 1884, while an assistant professor of philosophy at Harvard, William James had published his essay “What is an emotion?” basing his theory on his own introspective observations and a general knowledge of physiology. He said he had concluded that the source of emotions is purely visceral, that is, originating in the body and not cognitive, originating in the mind, and that there is probably no brain centre for emotional expression. We perceive events and have bodily feelings, and then after the perception, which joggles our memories and imagination,

*we label our physical sensations as one or another emotion. However, he believed that there was in fact no such entity as emotion. There is simply perception and bodily response. The immediate sensory and motor reverberations that occur in response to the perception – the pounding heart, the tight stomach, the tensed muscles, the sweaty palms – are the emotions”.*

It is now most fascinating to ask ourselves what we are actually saying when we ask the question “are you feeling better?” Surely we refer to the fact that whatever incident occurred at the time has not changed (It has already occurred as it occurred) and our inquiry is whether our perceptions and therefore feelings toward the incident have changed?

Once we have accessed our deep psyche i.e. the ultimate greater fraction which hosts all our fundamental connections to both the outer universe and our own personal *inner space* we are ready to experience the alterations provided by metaphysical mind surgery. To revisit times in our lives whilst “walking down memory lane” affords us the unique opportunity to re-examine what *actually* occurred and why we chose to perceive that which happened in the way that we did. We are ready to accept that our superegos‘ played a huge role in the way we chose to perceive and begin to dwell within our own personal reasons for doing so. We are thus ready to “unpack”. Once we are ready to experience in such a way we are able to engage in one of two interventions or procedures:

1. That which happened from someone else’s perspective of the same truth may be revealed, thereby allowing the truth to shed a whole new light of illuminative perspective revealing *exactly* what happened as it happened.
2. Draining the traumatic episode of its toxic destructive energy leaving the incident clear of any emotive content.

Once the truth bears only the truth, naked in form, devoid of victimhood and emotional decoration we are ready to *see* and experience the incident free of any emotional energy. To encounter neutrality of objective revisits to the past is key and component to moving on from the past and lightening the load of self-burden. We are now fully capable of reselecting an array of new tools and mechanisms chosen to redefine our new and exciting life going forward by having resettled our perceptions of the past. We now realize that we have remained aligned with the *story* or *emotional charge* which we ourselves have elected to remain in the present continuous while the actual event from whence this feeling emerged has since long passed. We are now ready to apply these fundamental adaptations and new viewpoints to each and every experience which we are working with in the present. (This application and ability to apply will have to be installed as a new program into the client now that this incident has been cleared from any negative emotional source of energy. The future, although The future, although largely unpredictable now harbours energy of hope, come what may. Many people report that they have experienced what seems to be the interconnectivity to the grander scheme of things at this stage of metaphysical mind surgery. The experience is reported to have occurred at approximately the same time that my equipment indicated that their brainwaves were between 0.5 – 4 CPS (cycles per second) in Delta phase. This clearly represents the penetration into the ambient dimension of *the one and all*.

*Fritjof Capra, Tao of physics, p.197 refers – “Let us forget the lapse of time; let us forget the conflict of opinions. Let make our appeal to the infinite, and take up our positions there”Chuang Tzu*

*“The absolute tranquillity is the present moment. Though it is at this moment, there is no limit to this moment, and herein is eternal light” Hui – Neng*

*Fritjof Capra also writes on p.177 – “Modern physics has confirmed most dramatically one of the basic ideas of eastern mysticism; that all the concepts we use to describe nature are*

*limited, that they are not features of reality, as we tend to believe, but creations of the mind; parts of the map, not the territory. Whenever we expand the realm of our experience, the limitations of our rational mind become apparent and we have to modify, or even abandon, some of our concepts.” On page 249 he further articulates – “The exploration of the subatomic world in the twentieth century has revealed the intrinsically dynamic nature of matter. It has shown that the constituents of atoms, the subatomic particles, are dynamic patterns which do not exist as isolated entities, but as integral parts of an inseparable network of interactions. These interactions involve a ceaseless flow of energy manifesting itself as the exchange of particles; a dynamic interplay in which particles are created and destroyed without end in a continual variation of energy patterns. The particle interactions give rise to the stable structures which build up the material world, which again do not remain static, but oscillate in rhythmic movements. The whole universe is thus engaged in endless motion and activity; in a continual cosmic dance of energy.”*

The above-mentioned is a dynamic précis of both quantum physics and its relation to the eastern equivalent of oneness, or all things being one. These concepts are integral as part of our engagement in deep inner shifts through actualisation of the connection of everything, both physically and metaphysically. Once we *become part of the oneness* which is constantly in flux and experiencing change, we then *become the one* whom accepts such change and as a result, in fact; change. The concept of understanding and acceptance that everything is constantly changing at atomic level whilst apparently remaining constant suddenly becomes digestible and hence replaces much anxiety born of fear of the unknown with acceptance of *what is*. We find ourselves residing in our deep inner calm of trans-suspended trance somewhere between theta and delta states. We are at peace with ourselves and we are at peace with the universe as we now completely *know* it. Our *knowing* the universe does not emanate from a limited cerebral brain but rather from a higher source with a silent assured flow of information and thus knowledge permeating through the filter of intuition; our conveyor of reality and our amplifier of the truth. We finally find ourselves totally accorded and aligned with the energy that all is meant to be as it is simply because it is. It is at this place in metaphysical mind surgery that the concept of the “old time line” versus the “new time line” be explained; When we consider the length of time that we have been alive coupled with the many years of experiences to suit and consider the duration of time that we have been undergoing metaphysical mind surgery, it seems unrealistic to anticipate that any real change is at all possible. This however, is not the case. What is imperative however is the open-minded consideration that our so-called *timeline* is in fact “elasticised”. The fact that we can recall incidents from *so far back on our timeline* to present state of consciousness for contemplation must mean that our entire perception of events and memory thereof is not only malleable, but elastic. Now consider the throughput of multi-dimensional information, thoughts, experiences, memories and feelings all experienced all at once in a calm state of deep trance where *anything* and *everything* is possible. Imagine us experiencing the movie of our lives *exactly* as it occurred just in a fast-forward mode however missing absolutely nothing in its content. Consider the power behind the imagination of being pure imagination; our logical left-brain hemisphere isolated sufficiently not to interfere with *illogical* omnipotent *knowing* which the right hemisphere permits by accessing the deep mind of the sub-conscious and thus manifesting the infinite space of emergence from our acute limitation into and part of the obtuse convexity of all and everything. Finally, it is time to revisit the question of whether change is not only possible but probable under these new circumstances. It most certainly is as we stretch the limits of our preceding space and realise that we have been looking through the wrong end of the telescope. The actual time that we have existed is no longer the focal point but rather what we choose to do with all those years of memory flashing before our mind’s eye. Before being ascended back up from our deep trance states



toward alpha and beta, we are afforded the opportunity of entertaining our second chance at optimising new introperspectives toward ourselves and can find ourselves to be quite indestructible as light extensions of and from the universe. We are no longer separate and no longer deem our new-found power sufficiently impacted by any other outside force. No, we are strong and intact deep within ourselves come what may.

*Fritjof Capra writes in the Tao of physics p.53 – 54 – “ The notion that all scientific models and theories are approximate and that their verbal interpretations always suffer from the inaccuracy of our language was already commonly accepted by scientists at the beginning of this century, when a new and completely unexpected development took place. The study of the world of atoms forced physicists to realise that our common language is not only inaccurate, but totally inadequate to describe the atomic and subatomic reality. Quantum theory and relativity theory, the two bases of modern physics, have made it clear that this reality transcends classical logic and that we cannot talk about it in ordinary language. Thus Heisenberg writes: The most difficult problem...concerning the use of the language arises in quantum theory. Here we have at first no simple guide for correlating the mathematical symbols with concepts of ordinary language; and the only thing we know from the start is the fact that our common concepts cannot be applied to the structure of the atoms.”*

The phenomenal place which metaphysical mind surgery takes us to is therefore the ultimate reason for the surgical procedure itself in that *we ourselves* assist in most of the removal of unwanted or dead feeling to thought ratio concepts thus emerging from the operation devoid thereof. We are therefore fully and actively part of the decision to change Just as the physical body requires secretion of fibrin (clotting agent) and subsequent coagulation, and eventually healing after injury, so does the soul yearn for peace and naturally reaches out to inaugurate and embellish all such benevolent energies available for fulfilment. Because we have entered into our *self*, guided by our own inner light without conscious interference habitually programmed to over protect us from knowing what we need to know within ourselves but were always afraid to know, we can peacefully become one with our true self and thus experience out true self; peaceful and wholesome. We can resign ourselves to all that is and all that we are in a most powerful way without surrendering to this by any term of weakness. The last stage prior to ascent from deep mind states of trance is the reassurance that all that has been processed has been done so with self-love and light thus setting the pace for new-found love of self. The procedure is finalised with a shift in apparatus frequency dynamics so as to reinstate conscious state, with full lucidity harbouring *all* newly accumulated implants, perspectives, feelings and outlooks. The confirmation that all changes are real and that it is time to emerge to full consciousness is reiterated.

*Steven Pinker suggests on p.30 in his book how the mind works – “The mind has to be built out of specialised parts because it has to solve specialised problems. Only an angel could be a general problem solver; we mortals have to make fallible guesses from fragmentary information. Each of our mental modules solves its unsolvable problem by a leap of faith about how the world works, by making assumptions that are indispensable but indefensible. – The only defense being that the assumptions worked well enough in the world of our ancestors.”*

The vital force field marking the success of the journey through metaphysical mind surgery is the fact that faith is no longer weakened by a question nor is it strengthened by an answer. Once we have undergone the most exhilarating and refreshing surgical procedure within the paradigm of our metaphysical makeup we have experienced both inner healing and “arrival” within. We now have faith in the godly meaning of all that has been, all which is and all that shall be. We have faith in ourselves and the acceptance of our divine capacities which have reached a new threshold of actualization yet have always been there. We have been smaller

that the atom and joined the multi-magnitude of the universe in its entirety. We have been less than a Planck (smallest unit of measurement) in magnitude and more than a parsec (Largest unit of measurement).

As we metaphysically post-operatively re-enter into the conscious world with our optimistic outlook, we experience the sum of our vast and indescribably magnificent journey for all that it is. The only way in which we can attempt to even remotely reckon with its force and what we have accomplished being in it is through sheer simplicity wherein is seated the deep intrinsic sensation that our term of inner dread has been removed and in turn replaced with love illuminating both internally and externally.

*Daniel J. Siegel, M.D. sums up in his book the developing mind on P. 157 – “Everyday descriptions of what emotions are seem to be more appealing than trying to create seemingly restrictive, scientifically derived concepts and definitions. Emotions are what allow us to fall in love. They are the stuff of poetry, art, and music. Emotions fill us with a sense of connection to others. They link families together; they remind us of who is important in our lives. Emotions make life worth living.”*

The success of the metaphysical surgical procedure should leave us *feeling* free to express ourselves from our point of inner truth once again without *thinking* ourselves out of emotional self-expression. We are now free to just be without much ado about whom we were or who we should be. We are finally simply free to be.

### *Discussion*

All greatness has always been borne out of imagination. The desire and passion to constantly push the boundaries is an inextricable ingredient that seasons our capacity and eventual success. The Sky of Mind project together with its subsequent metaphysical mind surgical procedures has inspired many lives and brought forth much happiness to the table. Whereas conventional mainstream therapy aligns itself primarily with conscious cognitive thought as the root of our feelings, Metaphysical mind surgery adopts a far more eclectic perspective therefore realigning “the target” as the revisit to the deep feeling arena which is essentially responsible for the way we think about ourselves and in turn, all that is in our lives. The constant recurrence of thoughts is the result of deep feelings brewing and bubbling deep within our invisible well of chaos. Such recurring negative reinforcement can be imagined as a type of “cementing” of ideas born from chaos and in turn further exaggerating that chaos as previously discussed with reference to obsessive-compulsive disorder (OCD) Metaphysical mind surgery affords us the opportunity to experience a life-changing sensation of *removal* of such patterns of habitual chaos that co-exists even long after the perceived cause of chaos in the first place has ended. The timing of metaphysical mind surgery could not be better. The modern world is leaving the hard and fast hyper-clinical mainstream and returning back to its roots; the natural medicinal world and where “talking” to our souls and spirits can provide such immense power of healing within all long too forgotten. The unique combination of state of the art electronic equipment creates a sufficient energy of both professionalism and accuracy. The sacred guided tour toward our deep inner being whilst being monitored combines a wonderful eclectic mix of modern electronics with archaic, sacred energies which are really our true essence. The coming together of what seemed to be separate is now seen to actually be one. The metaphysical mind surgery procedure is approached with a completely holistic viewpoint whereby all useful elements of both secular therapy and spiritual healing are made use of. The unique hybrid approach therefore relinquishes the need to choose “one or the other”. The journey within has been reported by many to be the most fascinating experience of a lifetime (see appendix). The sum of all the research pertaining to this thesis is heralded by its collaborative contribution to the congruency of metaphysical mind surgery

and only serves to further highlight the advantage of metaphysical mind surgery. All texts referred to somehow, in one way or another reflect quite energetically on the theme of metaphysical mind surgery. The combined logical texts qualify the more instrumental *tangible* parts of the surgical procedure whilst the texts which lend themselves to a more metaphysical or spiritual dynamic serve to qualify the evident status of deep inner capacity of possibility and of change. We can now sense hope and promise resulting from a new stream of metaphysical therapy designed to accord all of mind, body and soul without the exclusion of any. The “best of both worlds” is now available as metaphysical mind surgery addresses both feeling and thought in a most unique manner; by removing underlying resident self-destructive energies and replacing them with inner security and self-belief. Metaphysical mind surgery has laid the foundation of change for many people ranging in diverse challenges and symptomology. Some of the relevant testimonials in this regard have been included in the appendix.

### *Conclusion*

*Thesis statement – It is possible to heal and transform the sub-conscious causes of both remembered and forgotten traumas and destructive belief systems from our sub-conscious minds for good, utilising the mechanisms of conscious trance states and, in so doing, elevate a person’s psyche to experience both emotional relief and spiritual well-being, ultimately emerging triumphantly to experience a oneness with Self and universe.*

Metaphysical mind surgery denies the rite of passage to the common misconception that we are just the way that we are because of our exposure to past experiences. The truth of the matter is that there have been many schools of thought preaching the power of change through what seems to be more self-acceptance of the things which we *apparently cannot change* and *not* the embrace of the *actual change itself* which is totally possible. Once again , the collection of common wisdom found in the referred texts throughout this thesis stand to support from all necessary perspectives the thesis statement which is the foundation of this dissertation thesis. We finally understand that our so-called cause of inner trauma and disturbance originates from within our very own perception or misperception of what occurred quite objectively and that upon revisit, we can finally realise that these were merely events which occurred involving us to some degree or another and that they did not occur specifically *to us* with any kind of personal agenda and that it is therefore quite possible to drain the destructive effects of toxic emotional trauma repressed in the sub-conscious mind.

The common perception that *we survived* is always reason for “celebration” thus rendering us victorious over what we have “overcome”. The most powerful actualization of metaphysical mind surgery is the realization that the greatest victory inherited is indeed our truthful acknowledgement of *all* that has occurred thus expanding omnipotently enough to experience the event/s in the way that they were meant to unfold by nature and ultimately destiny. We are capable of understanding the bigger picture and as a result feel an indescribable positivity in our new-found capacity to cope come what may. Imagine the possibilities if this wonderful mindset was somehow present in the minds and energy centres of mankind?! Imagine if the penal system incorporated metaphysical mind surgery as a corrective measure to further assist in the transformation of troubled souls and to heal the victims who have not yet been graced with a fresh perspective on the course of events in their lives and the real reasons behind such events?! Metaphysical mind surgery is a true channel toward inner enlightenment thus

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providing us with a second chance, both within ourselves and within the world wherein we live.

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## *Appendix*

### **LAUREN FOSTER**

Personnel recruitment

"I went to see Jules because I couldn't seem to let go of things in my past which kept haunting me. Boyfriends I couldn't let go of or think about without crying or feeling betrayed and heart sore over, issues from school that caused me to have problems with my reading, dyslexia and violence from my teen years.

I had 6 sessions of Sky of mind and it was like the darkness had lifted and I could see again!!

The weight of the world was gone from my shoulders. For the first time in my life I could think about my past and it didn't hurt. It didn't affect me emotionally anymore. It was like, "OK so that happened... Cool" and I could move on. Learn from the lesson and do better next time! I could read aloud without stuttering and losing my way. I could remember the violence and not have it affect my life and I could move forward happily.

Without Jules, I wouldn't be feeling positive about my future. I would still be hanging onto the baggage of the past and having it weigh me down.

The best move I ever made was Sky of mind!!

This is seriously the best thing I have ever done!! Haven't felt this good in years. Thinking clearly and sleeping soundly for the first time in a very long time!! No more dark clouds lingering in the back on my mind!!

Thanks Jules. You rock!! Xxx"

### **MARIA NULTY**

Clinical Psychologist

"I want to thank you for the work we did together in my Sky of Mind sessions with you.

I felt safe in our time together, not only because I could trust your confidentiality, but also because you were not afraid to go wherever I needed to with me and my unconscious.

I also felt understood and held by you, especially as you listened when I asked you to go at a slower pace. This helped me to feel that you had my interests fully at heart.

With your guidance I was able to go to places I had not yet visited, and to make a big breakthrough in my search for internal peace and harmony, and I thank you for this.

I admire you for undertaking studying toward your PhD which will further equip you with for what you do in Sky of Mind and I wish you well in this important work."

### **LEON FORTES**

Entrepreneur

" I really feel it necessary to write to you and thank you for being part of my life and all the help and energy you have given me. You are just so special and you hide it so well .You have twice now in ten years dragged me out of a physical and even mental slump and with great skill and generosity. People should know that when they work with you they are not working with a metaphysical therapist that is a dime a dozen but are embarking on a journey with a friend who has your well being foremost in his mind and a very insightful life trainer and stress facilitator.

Julian it is remarkable how skilful you are and I am waiting for you to graduate with a much deserved doctorate so we can go out and celebrate together"

### **LAUREN FINE**

Principal

"It's been an unbelievable week for me here – I am forever changed because of the time I spent with you and Sky of Mind last month. Thank you so much; I am a new woman!! Xoxoxox

The most tangible thing I've noticed is the disappearance of the constant nervous energy that used to live in the pit of my stomach. It's remarkable really – I tried to recall the feeling and I actually can't do it! You're an amazing healer, Jules, and I'm so thankful Robyn encouraged me to meet with you. Thank you again and again!"

### **CAROLYN MC DONALD**

Tour Operator Owner

"I consulted with Julian Greenstein and had several sessions of "Sky of the Mind". I found a release of deeply embedded negativity borne out by 'old' experiences, which just kept on repeating themselves no matter what I read or thought.

This release was not only beneficial but has enabled a confidence to go forward with no looking back. Forgiveness and peace have been replaced by irritation, uncertainty and fear. The fear was a type of 'rejection' felt though not being 'right with the world'.

I would recommend this procedure to anyone and everyone.....as we all need a constructive base on which to work in this frenetic world. This base lies within us and Sky of The Mind finds it quickly and easily, releasing much needed positivity.

Thank you Julian..... "

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### *Definition of terms*

Spirit – Originating from the Latin definition *spiritus* originally meaning breath. The term spirit is used as an explanation of our essential energy determined by air which is inside of us and which surrounds us. The definition lends itself to all aspects of air, breath to either sustain life itself or to actualize toward higher states of inner peace.

Soul – To be viewed as the immortal energy within our corporeal bodies. That which continues forever after cessation of the physical.

Being – Our perception of our actual existence and our self-determined stance within that existence.

Mind – The mind hosts various divisions correlating consciousness, sub-consciousness and unconsciousness even at universal etheric level.

Self – Our *self* relates to the phenomena governing our own personal interaction within ourselves and the external universe. The *self* is essentially the individuality which resides within us all.

Ego – The ego refers to the personal or egoic “I”. The most central part of our unique inner being and fundamental construct.

Superego – The superego is an extension of the fundamental ego associating itself with our own personal ethical conclusions which therefore affect our personal relationship with the world.

Consciousness – Our state of awareness in relation to the all. The all and its effect on our state of awareness.

Creative Mind – The creative mind qualifies materialization of thought and idea through limitless imagination.

Metaphysical Mind – The Metaphysical Mind queries the fundamentals which lie at the base of our existence and spends time qualifying and quantifying the areas of our lives which we just accept or take for granted without having ever really explored them

Mediate Mind – The mediate mind is a definition used by Sky of Mind and refers essentially to the sub-conscious mind but with more reference to states of trance or trans-state suspension wherein the sub-conscious mind is prone to more flexibility of attachment and detachment of thought and feeling.

Feeling mind – The feeling mind is a definition used by Sky of Mind and relates to the realization and actualization emanating from our feelings and not primarily from our thoughts.

Psyche – The psyche is the complete encompassment of all areas of the mind collectively.



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Trans- Suspension – A special state used by Sky of Mind to induce a new-found state of trance wherein attachments to the consciousness, sub-consciousness and unconsciousness are experienced simultaneously.

Super- state suspension – This state is experienced upon zoning in to any one of the 3 states of consciousness specifically.

Trans Emotional Suspension – A process whereby emotions are hovered for scrutiny prior to transition or abandonment thereof.

De-plants – A term used by Sky of Mind to define the removal of unwanted anchor emotions which have been in residence within for some time.