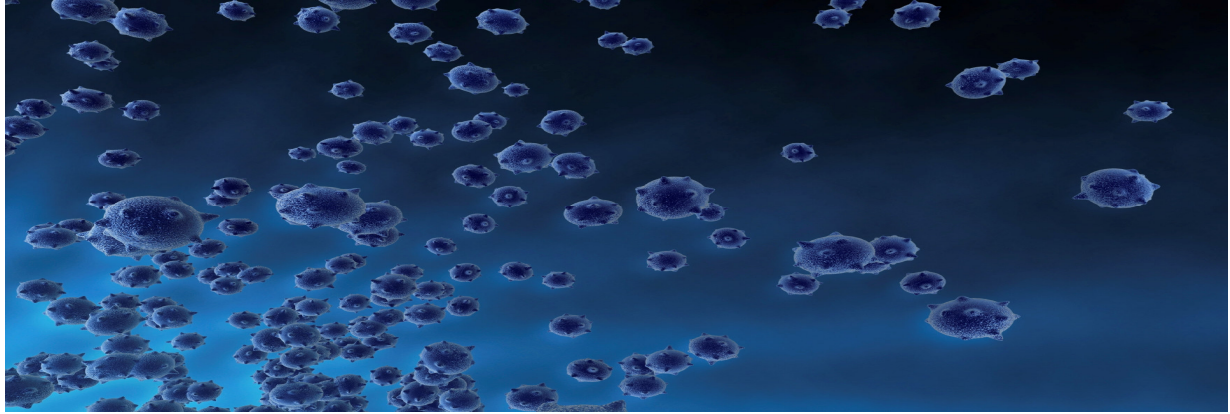


“Thought Is A Great Dynamic Force With Tremendous Power”



Why I Believe That In Order To Set Yourself Free From The World's Absurdities You Need The Insights On Thought From David Bohm

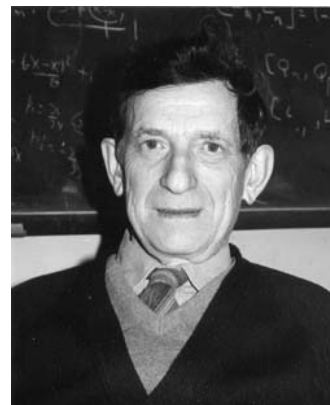
For twenty-five years I have been studying consciousness, the mind, psychology, neuro-science, spirituality, and the world's traditions and in that time I honour many people responsible for providing key insights to this work. However, out of the thousands of people that have helped me to wake-up from the collective trance, I hold a special place for Professor David Bohm. The Basic Premises of Bohm's Idea: **Our world contains particular and general 'thought-forms' (what I call Thought Viruses), which can control, infect and manifest particular realities that correspond with those thought forms.**

David Bohm was one of the most gifted 'Integral Thinkers' of the last one-hundred years. I believe that David Bohm's truly transformational philosophy is yet to be realised or appreciated by many people. It seems to have become hidden by other elements of his vast body of work. This is often the problem with any multidimensional individual. They work in several diverse fields, but eventually become pigeonholed in only one or two. In David's case his work on thought is usually lost behind his other significant theories.

David Bohm was a rare scientist who in his lifetime combined contributions to quantum physics, mind, consciousness and philosophy. Bohm was disturbed by the suffering in the world and therefore relentlessly investigated how to overcome many of the problems in the world today.

Bohm's distinction on thought is that **thought is never direct perception, it is never fresh. Thought mediates between reality and what is displayed as the 'show' in consciousness.** In one of David's Ojai 'Dialogue' seminars held in the second half of the 80's in conjunction with his partner on this project Lee Nichol, Bohm said, "Thought participates, is shaping consciousness itself, the presentation, the show."

"The origin of chaos is in our fragmented, atomistic thought. Only when thought is not there would it be possible to perceive what is beyond thought."



"Thought is creating divisions out of itself and then saying that they are there naturally. This is another major characteristic of thought: Thought doesn't cognize it is doing something and then it fights against what it is doing. It doesn't want to cognize that it is doing it. And thought fights against the events, trying to avoid those unpleasant events while keeping on with that way of thought."

Understanding Thought Has Profound and Radical Implications for All

The point I am making is that Bohm's philosophy is profound and has radical implications for all of us. Bohm's work on 'thought' has not been published as extensively as his ideas upon Physics, Dialogue, the Holomovement and Creativity. His 'thought' body of work is vast, but has been left in fourth or fifth place. Or it is left out entirely! This is an unfortunate oversight, because **it is exactly at the level of thought, mind, perception and consciousness where individual and collective transformation lies.**

Ranging from his first published work 'Quantum Theory' (1951) continuing through to his final work, 'The Undivided Universe' (1993) written with Basil Hiley 'thought' was always a concern to him. His philosophy upon thought was always there in some form throughout his work as a backbone, so to speak. My second book (still untitled), will be my attempt to provide a very brief and non-technical introduction to Professor David Bohm's insights on thought and thought's viral nature. It will be my attempt to pull together many of David's unpublished ideas that remain scattered and fragmented throughout his talks, writings and dialogues.

David Peat, in his biography of Bohm states, "The man Einstein once spoke of as his intellectual successor was always seeking to go beyond, to transcend, to ask that next question. He had the courage to pursue truth no matter where it took him..." After his retirement from head of Physics at London Birkbeck, Bohm held dialogues worldwide on the meaning of thought. He held many dialogues with his partner in 'David Bohm Seminars' Lee Nichol. It is Lee who has edited some of this work and turned it into some very important books. ('The Essential Bohm,' 'Thought As A System.')

In the first dozen years on my journey, before discovering Bohm, I had discovered how thought's categorising and labelling function strangles and freezes the flowing dimensions of reality. In the second dozen or so years of my mad search for truth, Bohm vastly increased my sensitivity towards the pitfalls of thought.

Since I first heard David's work mentioned in Peter Senge's 'The Fifth Dimension,' (1989) something in me resonated with his ideas. I first benefited from his method of 'Dialogue', which transformed all of my Coaching and Workshops, and twenty years later, I am still discovering that 'Dialogue' is oftentimes a miraculous transformational model. However, this was only the beginning, as I had no idea that the other side of David's philosophy of Dialogue was his vast insights on thought. However, I was soon to discover that Bohm's work with Dialogue was in fact just a small part of his larger investigation into the nature of thought.

Thought is creating divisions out of itself and then saying that they are there naturally. This is another major feature of thought: Thought doesn't know it is doing something and then it struggles against what it is doing. It doesn't want to know that it is doing it. And thought struggles against the results, trying to avoid those unpleasant results while keeping on with that way of thinking. That is what I call "sustained incoherence".



David Bohm

"Thought forms a world of its own in which it is everything. It rarefies itself and imagines there's nothing else but what it...thinks about."

Thought Creates Something Very Similar To Virtual Reality

Through observation and studying the likes of Alfred Korbycki, David Bohm discovered that consciousness is infected with the fact that each thought is taken by virtually everyone as something real. But in reality, each thought is only a map, a symbol, a representation of something real. You may have an immediate direct perception of something, but once you have perceived, what was once 'fresh' perception takes on the structure of a 'map'. When you then meet a similar situation, one is no longer aware that the 'map' is representing what is there and you may no longer be perceiving very much at all.

The 'map' acts as a 'presentation' as to what is there and when those 'maps' are on-stage, so to speak they are very difficult to question. What makes this situation so serious is that thought generally conceals these problems from our immediate awareness and succeeds in generating a sense that the way each of us interprets the world is the only sensible way in which it can be interpreted.

Now a thought is real in that it will create neurophysical and biophysical changes in you. But it doesn't mean that its representation will be accurate or appropriate. Bohm says, "Thought creates something very similar to virtual reality. You experience your emotions and perception as a reality, it creates a certain kind of reality and it does not distinguish between the reality it has created through projection and what is actually there." This is covered in hundreds of additional ways in my first book 'Discovering Your Quintessential Self – Eradicating Your Thought Viruses.'

In this book I illustrate how seven major thought programs that all of us suffer from to one degree or another eventually destroy the potential that lies innately within you. I illustrate how life presents to us in every moment a new challenge but we tend to react in 'old programmed ways' that usually are no longer appropriate or effective. However, to respond appropriately to each and every challenge, we must be aware of thoughts trickery and deceit.

After studying Bohm and his hundreds of other insights and distinctions upon thought, it became so clear that Professor Bohm's transformational work was fragmented and scattered in all kinds of nook and crannies. I felt that it was my unfolding purpose to synthesize his 'thought' work into one coherent whole. His Physics has been published. His book on Dialogue has been published. His books on Creativity and Order have been published. But only small parts of his insights on thought have been published. There are many pieces of philosophy of Bohm's amongst old journals and magazines. There are his unpublished Dialogue Seminars transcripts and tapes that contain countless distinctions about the problems and the possible 'cures' of thought. But only a couple of these were turned into published books ('Unfolding Meaning' and 'Thought As A System') leaving a huge body of work lost to the great majority.

"What is the source of all this trouble? I'm saying that the source is basically in thought. Many people would think that such a statement is crazy, because thought is the one thing we have with which to solve our problems. That's part of our tradition. Yet it looks as if the thing we use to solve our problems with is the source of our problems."



"Thought is constantly creating problems that way and then trying to solve them. But as it tries to solve them it makes it worse because it doesn't notice that it's creating them, and the more it thinks, the more problems it creates."

Most Of Us Are Not Familiar With Looking At Our Very Own Thought System.

Can I make a point before I go on now that is so important? Hundreds of clients over the years have had a very similar reaction as soon as I mention David Bohm and the fact he was a Physicist. These people immediately throw up a barrier that says something like, 'Oh my, this is going to be deep! How on earth can a Professor of Physics have breakthroughs and insights that apply to my life?'

I believe, having been involved in non-stop exploration of all the 'transformational' philosophies and technologies that Bohm does indeed have the ultimate cures. Therefore, I am committing to make this work as accessible as is possible. This does mean that I have had to make some choices about my presentation of my work to you.

If I were to draw from David's Physics, these would in fact be a problem for many of us. So I do not do this, as I do not understand much of it myself. I don't even go very far into David's ideas on the Implicate Order or his Holomovement. For many people these are reasonably deep to understand. Between David's many ideas on 'thought' and the hundreds of other researchers that I draw from, there is just no need to go too far into material that is too heavy and may distract from the very basic problems of thought.

My purpose is to keep it as simple as I possibly can and even with this goal, it is still difficult for some people to study this work. This only because most of us are not familiar with looking at our very own thought system.

Exploring The Infinite Potential Of You

For those who wish to explore David's Implicate Order, Paavo Pylkkanen, a long-term friend and associate of David's from Sweden, has covered it excellently in 'Mind, Matter and the Implicate Order.' By leaving out this subject, it will make this body of work much more accessible. My application of these ideas with hundreds of individuals over the years has proved to me that these insights alone on 'thought' are enough to achieve a radical change in consciousness.

We shall never know whether David in the last days of his life made an even more significant breakthrough than he had already. He published one book on 'thought' with Mark Edwards called 'Changing Consciousness', which is a fine book. However, it is far from containing all of his many ideas on thought.

David Peat makes us wonder in his biography 'Infinite Potential' whether he would have had further breakthroughs still to unfold. "His work was developing so rapidly that he planned a book on the nature of the self and his relationship to thought. Unfortunately he never wrote it; all that remains of his work in this area are the transcripts of his many seminars and dialogues... They are, however, only a dim reflection of what Bohm might have achieved in this new field, had he still been at the height of his powers." However, the legacy David has left us for tapping each individual's Infinite Potential is still immense and virtually unknown to most people.

"The general tacit assumption in thought is that it's just telling you the way things are and that it's not doing anything - that 'you' are inside there, deciding what to do with the info. But you don't decide what to do with the info. Thought runs you. Thought, however, gives false info that you are running it, that you are the one who controls thought. Whereas actually thought is the one which controls each one of us."



"Thought works by conditioning. It has to get conditioned. You need conditioning to learn a language, to learn how to write, or to do all sorts of things. When the conditioning gets too rigid, though, it won't change when it should."