

# *The Ascent To Your Potential Self, Your Quintessential Self*

## *The Only Reason You Do Not Tap Your Potential Self Is Because Of Stagnant Thoughts*

David Bohm once said that “Thought gives us the power to create, but all this has gone wrong, very badly wrong, because thought has never understood itself: ‘I must understand something else’, thought is always saying. ‘Myself, oh, I’ll take that for granted’”.

This **taking ourselves for granted is the Granddaddy of all our problems.** It means that all human societies are built upon a lie of the self, the lie of identity, the lie of ego. Now some social theorists would not use these words, they would call it ‘*the social construction of reality*’. Nevertheless, regardless of the name attached to it, it amounts to the same thing. Having accepted the lie, the program, the conditioning, we then act out our lives as the people we believe ourselves to be.

This lie is commonly called your identity, your personality, your ego or even your roles, but regardless of the name, until its illusion is seen through, it deceives you; it prevents you from solving your problems. It’s a bit like a movie. When you look at a movie, it appears continuous but when you stop it with your pause button, you see that it is made up of millions of frames. Your memory which creates your thoughts and beliefs works in a similar way to those fragmented frames of the movie. Your identities were made from images, feelings and words that were created in your past.

However, your true Self, your Quintessential Self is not just an accumulation of these past memories and this is why it is possible to unfold and discover another aspect of yourself. Your Quintessential Self is primarily your conscious, aware self that is not the content of your memory. Therefore, your true Self is not a thought, not a belief. Your Quintessential Self can also be said to be in some way your potential, or your Potential Self. **When you are aware that you are not just a routine of thought programs, your conscious, aware Self gets to choose in every moment of now, whether your potential unfolds, or whether it stagnates because of thoughts and beliefs.**

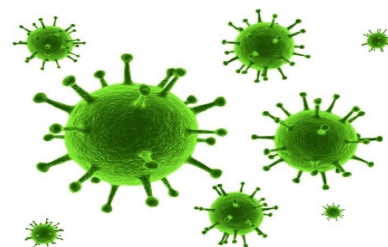
Your Quintessential Self is based upon your essence (essence stemming from quintessence, meaning your ultimate essence) which is flowing, forever changing and forever able to express new abilities and skills. It is the multi-dimensional Self as opposed to the rigid, fragmented and limited self that is shackled to its programme, its conditioning, and its thought.

## *There Are Two Selves In You*

There are two Selves in each of us; this indoctrinated socially conditioned self and the natural authentic, potent and creative Self. This natural and authentic Self is like the potential that you see in every young baby and in very young children. It can be said to be their real essence. Who amongst us who have been around a child growing up has not experienced this? It is there, it is unmistakable, and yet it cannot be said to be anything like a fixed personality or ego.

*"Every man is the creature of the age in which he lives; very few are able to raise themselves above the ideas of their time."*

**Voltaire**



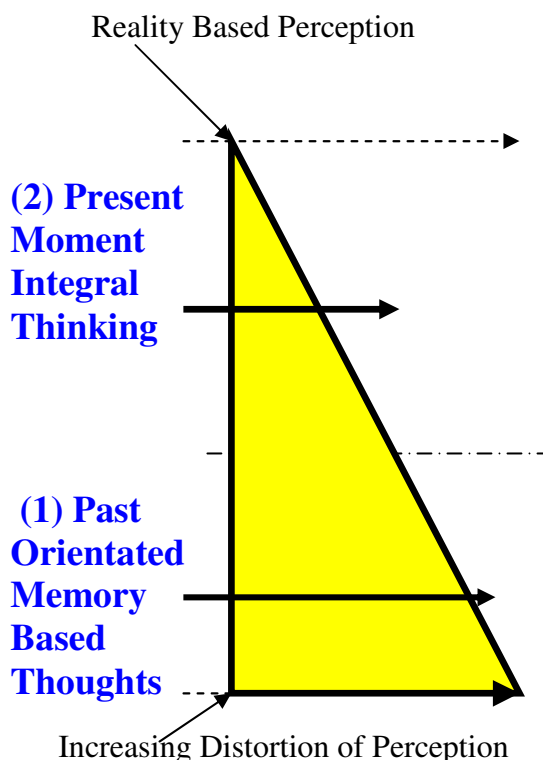
*If you usually only perceive what everyone else perceives, the more likely it is that you are a victim of society's sickness.*

But, why do we all loose this real Self? It is because we are all a product of our environment and culture. Depending upon where we were born, our date on our birth certificates, and the people we have around us. All of that 'soup' that we swim in will determine our particular idiosyncrasies and all of this conditioning will form your 'thought program' that I call your Brain Operating System. (Your BOS for short.) These thought programs are filed away into what are called 'beliefs, attitudes, judgements, biases, prejudices, hatreds, likes and desires. And form that moment on the programme operates like a reflex, operative system. This means that accurate perception, or understanding is impossible. The only perspective that will be perceived is the 'conclusion' that is already filed away, regardless of how inaccurate that conclusion may be.

## ***There Are Two Primary Uses Of The Mind:***

### ***1. Thought Processing (BOS)***

### ***2. Integral Thinking (Which Can Be Described As Questioning The BOS)***



#### **Questioning What The BOS Is Displaying To You**

New challenges require a solution that is beyond the constraints set up by thought. Freedom from past 'ways' can only be accessed via an enquiry using present moment thinking.

#### **Being Thought**

Our **Brain Operating System (BOS)** has stored programs that are triggered like reflexes given an appropriate stimulus. The distortion increases in direct ratio to the degree to which you have identified with thoughts.

**The Mind Most Frequently In Use Is Determined By Past Orientated Memory Based Thoughts**

## ***You Do What The BOS Tells You To***

So how does this work?

Our lives are kept in bondage because we are primarily being thought by a routine of thoughts that literally have their hypnotic hold over us. Thoughts that are so widespread and habituated by the masses that 'normal' society does not even notice them. These thoughts then operate as a system, and then you do what the BOS tells you do.

Most people are so controlled by their BOS that they do not even realise that their perception is not reality, but a worldview created by their thoughts, state of mind and emotions. **As Tolstoy once told us, "A man can get used to the worst lies, especially if he sees that everyone else around him lives in the same way".** This is in fact a very serious problem in today's world: That we have become so accustomed to the worldview that thought presents to us, that we are conditioned to it and take it for granted. Because the great majority are caught up in the worst lies, it can be said that if you usually only perceive what everyone else perceives, the more likely it is that you are a victim of society's sickness.

Let me link Thought Viruses and misinformation with the idea of the Self and the wedge shaped model above. The wedge simply represents the lens that you see the world through. You do not see what is necessarily out there in the world; you filter (represented by the yellow area within the wedge on the model) the world through your thoughts. Who you believe yourself to be, (your identities) are the most profoundly powerful thoughts and beliefs that you have. An identity belief creates a way of perceiving as well as creating blind spots. This is a huge subject and the space here only allows me to touch upon it briefly. (For a complete explanation, please see the book 'The Quintessential Self' available from this web site.)

An example of a biased perception would be to think how millions of us all grow up with a perceptual capability created and caused through our occupations, careers, and education. "I'm an Engineer". "I'm an Accountant", i.e. **Any identity or role can take over your awareness so that eventually you come to equate it in a fixed way with who you are. Instead of the unfolding, growing and fluid being that you could be.** Most people then describe themselves with language that identifies (Identity comes from the Latin 'idens' meaning always the same.) with their profession, faults, failures, family, nationality, religion and so on.

The problem with these cases of 'Mistaken Identity' (as I call this complaint) is that not only do you limit yourself to a fragmented perception of reality because of the 'specs' that you are wearing. But everything external like your career, family, and nationality will also change, or even collapse one day. Then you will find yourself in a precarious position of instability and stress.

These Thought Viruses (like Mistaken Identity) are far more menacing to individuals and society than any computer virus and most of the common physical viruses and yet they usually go unchecked by the majority of the population. Once we wake up and become aware, we begin asking ourselves questions like, "Should I define myself by what I do for a living?" "Just because I failed at a particular activity, does that mean that I can't ever do it?"

### ***Most Of Us Are Accomplished Fugitives From Ourselves***

John Gardner describes this predicament in his book 'Self-Renewal.' "As we mature we progressively narrow the scope and variety of our lives. Of all the interests we might pursue, we settle on a few. Of all the people with whom we might associate, we select a small number. We become caught in a web of fixed relationship. We develop set ways of doing things.

**As the years go by we view our familiar surroundings with less and less freshness of perception. We no longer look with a wakeful, perceiving eye at the faces of people we see every day, nor at any other features of our everyday world.**

It is not usual to find that the major changes in life – a marriage, a move to a new city, a change of jobs, or a national emergency – break the patterns of our lives and reveal to us quite suddenly how much we had been imprisoned by the comfortable web we had woven around ourselves.

One of the reasons why mature people are apt to learn less than young people is that they are willing to risk less. Learning is a risky business, and they do not like failure. In infancy, when the child is learning at a truly phenomenal rate – a rate he or she will never again achieve – they are also experiencing a shattering number of failures. Watch him or her. See the innumerable things he or she tries and fails. And see how little the failures discourage him or her.

***Each virus has a different affect on you, but in general, they distort your perceptions and prevent you from perceiving or understanding reality, forcing you to live in a frustrating, unfulfilling and under-performing world.***



***Thought Viruses cause a restriction or resistance to you tapping your potential as they literally take greater and greater possession of you, taking you away from your real Self and hence your innate potential.***

With each year that passes he or she will be less casual about failure. By adolescence, the willingness of young people to risk failure has diminished greatly. And all too often parents push them further along that road by instilling fear, by punishing failure, or by making success seem too precious.

By middle age most of us carry around in our heads a tremendous catalogue of things we have no intention of trying again because we tried them once and failed. Or tried them once and did less well than our self-esteem demanded.

By middle life, most of us are accomplished fugitives from ourselves.”

## *You Only Change What You Are Aware Of*

What this means in basic terms is that these lousy Thought Viruses rob you of your energy and of your life; they are literally death to joy and fulfilment. When you are severely infected by Thought Viruses, it is as though you live in a highly restrictive prison. The great tragedy is that for most people, this way of infected thought has become normal.

There are many ‘thoughts’ that will even stop you from learning. I shall go into this on a particular future pod cast. Therefore, if you are committed to ‘waking up’ then you will require investigation into this work, repeatedly. Because you only change what you are aware of, you cannot change what is not obvious to you. The very act of having a deep perceptual insight into an error of thought, changes it. When thought is observed, it undergoes change. You have experienced this phenomenon when you are in dialogue with someone who has a better grasp of a subject than you have. What is required is the ability to achieve this for ourselves.

What effect do you think it has if a person lives in an invented world of thought? Do you think there can be a real relationship with anything, let alone another human being? **Because of thought, we are usually related to something, which is not actually there.** Most people are related to an image created through their thought and this image of another person is set up to achieve various outcomes, which I explain in detail in the ‘Quintessential Self’ book. A state of disconnection is the state of mind for millions, even though there may be people all around them

Therefore, like their biological and computer counterparts, Thought Viruses can create disastrous consequences when they are not eliminated. These routines act like the master programs and operating routines that our mind uses to make sense of the world. When they are 'on stage', so to speak, they usually prevent you from getting what you actually want and they can have you experiencing very similar problems (if not the same) year in, year out.

This work will enable you to perceive how Thought Viruses create in you a conditioned, fragmented self and I mentioned earlier, how these routines are highly contagious and spread through our society like germs. This breakthrough science will enable you to defeat the destructive thoughts that threaten your future wealth and achievement.

*"A man can get used to the worst lies, especially if he sees that everyone else around him lives in the same way."*

**Tolstoy**



*These routines act like the master programmes and operating routines that our mind uses to make sense of the world.*

## ***Awareness Of The 'Mass Mind's Hold Upon Sleeping Humanity Is Essential For Any Degree Of Sanity.***

Each day that passes while you operate without these barrier-busting tools, is a day you do not optimise your return on your life or your business. It is **not** that you have to improve yourself or develop yourself like all the self-development gurus proclaim. The work is primarily about developing an integral awareness that then breaks the spell of destructive thought. **Largely the work is in challenging what thought is telling you.** In developing the attention to loosen thoughts hold over your potential Self.

You will find a vast body of Work here that is different from every other Personal Development or Training company or book available. Most Coaches, Therapists, and Psychologists that I have come across do not understand how I get the results that I do. Since 1990, I appear to be the only Organisational Development Coach and Consultant working at the source of humanity's problem and that is thought. (Or, as you will now understand, our very identities and egos are the problem.) Most are merely rearranging the furniture of the mind at best.

Virtually no one knows of the ideas presented in this work, unless you have studied, say the field of Memetics, or one school of psychology known as Psychology of Mind. Or if you have studied the Theoretical Physicist David Bohm's work. This work is not difficult to understand, but it does require your commitment to persevere with it. This is only because of the hold that thoughts, beliefs and identities have over us.

However, every contact with your authentic essence will release you a little more from your pseudo-identities. **Something very special happens when you are in contact with your essence,** but it must be remembered that you never attain once-and-for-all transformation. The river is always flowing and you are always changing. That is why your freedom depends upon committing yourself afresh from moment to moment. However, **as James Allen said, "Finding it, everything is found. Losing it, everything is lost."**

Without physically sitting face-to-face with me, you will want to set up a regular dialogue with the Work. What I do is a participatory affair with you if you will allow me. I simply attempt to dialogue with you and the quality of any results or personal transformation is totally down to your ability to enter into this dialogue with me while you bring the openness and wonderment of a small child. If you are only open to discoveries that are in accord with what you already know, you may as well stay away from this website and this work.

But if you are prepared to investigate your thoughts and your world-view, because you are truly committed to freeing yourself from self-deception, societal deception and all of your recurring problems, then this is the place for you.

***The answer to you're your problems  
is in your hands now***



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but it does require your commitment  
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