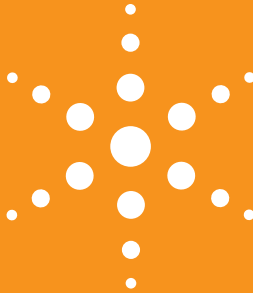


STEVEN SAUNDERS

ABOUT EMERGENCE

A SUBJECTIVE PERSPECTIVE
ON NEW GENERATION NLP



A Holigral International Publication

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"It is always someone else's fault,
but ultimately, no-one's,
except perhaps God's."

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EMERGENCE
Steven Saunders

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INTRODUCTION

In the first chapter of "*The Structure of Magic*" RICHARD BANDLER and JOHN GRINDER define the meaning, purpose and boundary of NLP: *to become aware of one's own magician nature and to accept this and the implications of being a magician*. Thus, in its starting conditions and at its core, NLP is the art of wielding magic, the art of changing oneself, others and one's environment according to one's own wishes. From this platform, NLP has become the art of influence based upon manipulating the trance of others and oneself. NLP and its spin-off developments bear this residual core of hypnosis and *doing to* - except for this, new generation.

The new generation crosses this boundary, and declares that it is possible to live out of trance, in the state Buddhists call *no mind*. From the knowing of this non-entranced state comes clarity and the soul's insight into the deepest nature of all beings. Instead of seeking to entrance self and other for beneficent outcomes, one works with the existing trance to help it serve its purpose, upon which it ceases to be - it dies. Thus we provide the environment, beingness and the behaviours that enable people's symptoms to do their job, complete and thus free the person from the suffering of their trances. There is no *doing to* another person, or even to other aspects of oneself. There is only *working with*, in true acceptance of what is.

A frequently used definition of NLP is *the study of the structure of subjective experience*, which means that experience is in the eye of the perceiver, hence the mantra *perception is projection*. By this definition, the new generation is indeed within the scope of NLP, as it models precisely a deep structure of subjective experience - a structure that holds submodalities in place. So, whereas when the essentials of NLP are analysed, the facilitator manipulates submodalities to effect change of one form or another, in the new generation the structure that holds the submodalities is navigated, and purely from the effect of navigating, the structures deconstruct, enabling the symptoms to do their jobs and thus cease. What is left is the free-flowing here-and-now human being who can apply all their life force to whatever is presented in the moment. In this sense, the new generation is homeopathic in nature, working WITH the symptoms, not seeking to change them, fight them, fix them, or to do anything at all TO them: so, moving from *doing to* to *being with*.

One fundamental truth is that the present person is the creation of previous selves, which in turn are creations of further previous selves. Each self-creation is due to environmental stressors at the time of creation - and these stressors are the projections of others and the internal selves. Thus the present person is not responsible, being constrained by their system of selves and their environments. Expansion of self-consciousness to include all of one's selves as one whole, is a prerequisite of exploring the wider consciousness of the greater self, beyond the individual mind. The person is still not the behaviour!

SOME PERCEPTUAL POSITIONS

From the client's perspective, in new generation NLP they are only asked questions that help them to adjacently navigate their awareness through their own psyche-scapes of time, space or momentum relating to their starting conditions. There are no change processes, no embedded commands, no digging for meta-model information, no decisions by the facilitator as to when to make changes to the client's representation of reality. The client experiences right understanding of their life circumstance through the gentle self- reframing that comes from the navigating.

From the facilitator's perspective, in new generation NLP they stick to largely recursive patterns of questions during facilitating, keeping the space free of external projections, and staying in *no mind* state. The navigation is like a giant *join the dots* puzzle where the client gradually joins up the different aspects of self and finishes here and now, but where no-one can see the next dot before one arrives at it. The facilitator does not base questions on the content, or on the submodalities of client answers, but upon the adjacent space or momentum - see later for more on this.

From a meta-position, there is very little to observe in a facilitator-client interaction; there are no meaningful transcripts or session notes of which to make sense. The client is observable as entranced in their own matrix, and if the observer is conscious enough, then they can experience the facilitator at peace. The facilitator is not projecting on or at the client, although this may not be sense-able to an observer. The work is more efficient in time and money when a facilitator is working with a few clients in parallel; like keeping plates spinning, all the facilitator is doing is keeping the clients to the task of navigating their own psyche-scapes. And this is the limit of the reality intrusion of the facilitator.

SCOPE

NLP birthed as a collection of models derived from how peak performers achieved their results, initially in the early 1970's and with upgrades over the last 35 years. In this article, I present a new model, that explains and places into context the core NLP models, and gives rise to new processes that are both permanently effective and wider-ranging in scope and application. Some major NLP models are presented, analysed and upgraded or replaced accordingly. For those interested, I have other articles which explain the model in terms of basic physics and mathematics, and from a spiritual perspective.

The common thread is the Freudian and NLP mantra *perception is projection*, which applies to any serious attempt to understand reality. The principle that *the person is not the behaviour* is one of the few presuppositions retained. The person's behaviours are simply the triggered responses that signal the structure. Each signal is actually the starting sign-post for navigating to the relevant previous selves, which when followed, results in reintegrating the life force invested in the structures, and growing-up past selves into the here and now, at one with the body. Most of the other presuppositions are just not relevant to the new generation; there is nothing implicitly wrong, they are just redundant.

NEW MODEL

The new model is as follows: each human being is a collective of selves, each self representing a particular defining moment in the life of the person when they changed. The defining moments are created from sudden interrupts to the flow of consciousness and from strong intrusions of sensory and/or emotional experience, which be positive or negative. Peak positive experiences can lose as much life force to structures as peak negatives. For example, after winning the ashes the England cricket team associated into the victory and most of the players were injured a lot afterwards or never the same again.

These defining moments are effectively *measurements*, which give rise to the eye-accessing cues whereby people index their relevant experience for present situations. A human being who has brought these different selves into the here and now is out of

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trance, awakened and fully embodied - see later for more on this. What is a measurement? It is a 3-D indexing of the most relevant features of an event - these are part of a full holographic representation, held by the person, which is like a snapshot of an event. What kind of event? One where a strong emotion impacts or where an interrupt happens to the smooth flow of awareness. Also, a measurement is a boundary in a person's internal structure, between the person that they were before the event happened and the person that they became as a consequence of experiencing that event. If you wish to understand the structure of a human being, look at an ancient buddhist temple like Borobodur, Java, left.

These temples show many layers and separate stacks of layers, like *the towers of Hanoi*. They represent the human condition and the nature of the universe as a physical metaphor in stone. With the principle, *as within, so without; as without, so within*, the temples show that a human being, like the universe, has a single layer beneath all others (the source) that is connected right up to the top layer (the present consciousness).

Each stack represents the history of creations of that consciousness, and the whole temple represents the multiplicity within the individual and within the universe. As layers grow, there is less and less life force available to the remaining consciousness of the present self, because the rest is all invested in structure. The central stack represents the personal apparent present self. At-one-ment is attained by undoing all the stacks until there is only the bottom layer - the tabula rasa of the newly conceived, pristine cell that fuses egg and sperm with soul. Each layer of a stack is the creator of the next one above.

Because this model is based upon the individual collective being emergent from the series of projections received primarily from the environment, it is essential to avoid projecting any more onto or into the client. Projection happens when one person feels or thinks about another person, when one person says something to another person either using or intending pronouns in the language or feelings associated with the language, or when a person is just radiating a feeling or excluding a feeling from their own awareness. Much of this is unintentional projecting, and is the accidental weaving of magic referred to by Bandler and Grinder in their opening chapter on NLP. Thus, the map is not the territory and there is no point inferring the map or the territory. Having said that, a person who is truly dis-entranced and out of the matrix can see the territory!

Thus even questions project when they include pronouns. Thus we keep to pronoun-free question forms addressing spaces and movings. Thus facilitators do their personal work first, and only learn and apply the processes once they are sufficiently clear of projecting on others. In other words, a facilitator can only do this level of work well once their consciousness has truly transcended the ego - whatever other people might think! It is useful to remember that all that people see is their own reflection.

MEASUREMENT AND STRUCTURE

Each measurement is located by a different spatial index: time is also encoded spatially. The precise distance and angles of the eyes' focus indexes the reference experience, and the contents of this experience, as far as new generation NLP is concerned, are the submodalities. This differs from traditional NLP, where the content is the story and the submodalities are how it is represented. In new generation, we work with the deeper structure holding submodalities in place. As a consequence, we have no need to register or work with any submodalities except those of location and gesture, which inform a navigation's starting conditions - forming a starting anchoring for the navigating!

This deeper structure keeps the measured experiences separate, just like a neural network stores adjacent classes of information a few neurons apart to enable discrimination. The present communication is the accessing signal for the measurement. By navigating from the present signal through adjacent layers of structure, the measurements are unmeasured, and the presenting symptoms are relieved, and the structure is permanently deconstructed. Navigation completes when the client is *in the here and now*.

One of the evidences of using this model is that *here and now* has the signal of complete inner and outer peace, with no desires, needs or goals. The aspects of self held in measurements have goals, desire and needs that can be transcended through the navigations, which go from presenting signals through the psyche-scapes of layers of measurements, and finally into the here and now. Signals can be from the *not here*, the *not now* or from the *neither here nor now*, and signal can be encoded in body language / gesture, feelings, words / sounds and the other senses.

We now discuss some of the NLP models.

EYE-ACCESSING CUES

The NLP model defining the 6 broad areas of eye-accessing according to sensory submodalities is both erroneous and potentially damaging to be taught and used. For example, it can be mis-used in police interviews because a certain direction is *supposed* to mean *imagined*. In fact, almost half of the students that have passed through our NLP training classes have deviated in some way from this model. Each person is unique; their eyes merely move to focus on the relevant index to respond to their present situation. A *transderivational search* is the result of another person either asking the wrong question or intruding.

REFRAMING

The NLP model of reframing works when the client becomes able to perceive the presenting issue as it really is, in correct proportion - effectively when the client is *at one* with the presenting issue, which is the same condition as the Buddhist eightfold path criterion of *right understanding*. How lucky does the facilitator have to be to happen upon the right kind of reframe? When facilitators reframe they hinder the system's progress. As such, they are reality intrusions, and undesirable. By knowing the client has to finish *at one, without attachment* the facilitator can have clear criteria for completion and effective reframing. In new generation NLP, the client self-reframes, and the facilitator only asks *clean* questions (more on this later).

TIMELINE

The NLP model of timeline therapy resolves issues by bringing new resources and perspectives to past events and transforming the present and future perspectives as a result - all done through the medium of navigating through time either physically or imaginarily. This is a highly successful approach that works for most issues, so why change or upgrade?

The principle reasons are:

- a) the dissonance between the solution and the required right understanding of the “inner child” - the *not here and now* aspects of self,
- b) the child already has the resources required, but the child needs to be accessed in order for the resources to be accessible - recall that the previous self is the creator of the subsequent self, that creates the next set of pronouns of the individual’s collective,
- c) any reality intrusion is counter-productive - from the facilitator and from different aspects of a person onto other aspects of themselves.

When the new generation navigations come across psyche-scapes that have been processed with timeline therapy, the distortions introduced by projecting from the present self to the past, and the *holes* dug out by damaging of the sign posts have to be redressed. The child of ‘before the trauma’ has all the resources and can address what is required without the adding of resources from the present. Mostly, all that is required is some re-understanding of events from a sufficiently broad perspective, which happens naturally by letting the symptoms do their work. This is the principle of working WITH the system and symptoms, not seeking to fix or change anything (accepting the system and symptoms as they are), and without introjecting any facilitator reality into the client’s system.

CHANGE PROCESSES

Swishes and squashes change presenting signals, actually confusing the indices of the reference experiences. In new generation NLP, a facilitator never does anything to a client: questions are asked when they are requested. Change processes are never used.

RECURSIVE MODELS

Core Transformations is an NLP model very close to the deeper structure, in that it navigates through layers of feelings and combines timelines and ancestral lines. The key difference here is to go beyond the core states to their sources, and to follow the chain of *pronouns* that are the way-points of navigations from the presenting signal to the here and now. The replacement process is called *pronoun scaling*, and is described in a separate article. The neuro-semantics matrix model is also an attempt in this direction, and replaced by the same process.

NEW CODE

The new code *demon states* and *flow* all come easier the more the individual collective becomes one. At some point any of the skills to be modelled become simple osmosis and instant modelling through telepathic-like abilities. Instead of inducing choice points and distracting the conscious mind, they are not necessary; one simply lets peace arise within and all becomes clear. Working with clients, the processes are replaced with the simple navigations to undo any structures that limit.

THIRD GENERATION NLP

The characteristic of the first three generations of NLP is that, beneath/behind all the distraction and hypnosis, it manipulates submodalities to effect change, and sometimes structures of submodalities. 3G seeks to change the holding structures of submodalities through adjacent movements, bringing ideas from Feldenkrais more into use, but restricts itself to the locality of the space, for example, widening a circle of excellence.

MORE PRESUPPOSITIONS

People have all the resources they need - yes, they do; the aspect of the personal collective relevant to the experience has the resources. No-one needs outside intrusions - whether from other parts of the self or from other people. Clean, navigating questions are the most required - and even these are to be minimised, and to be used in minimum-projecting ways. *The person is not the behaviour*, and they are not responsible for it! Behaviours are intruded by others or chosen as the only possible responses in given situations. They stay stuck until the holding structures are released.

HYPNOSIS

Hypnosis and trance states - in NLP *all states are trance states*, in new generation there is an exception, the state of consciousness known as *awakened*; the same state that Buddha achieved, now available to all who wish to awaken. This is the state beyond the NLP cosmological boundary, beyond being a *willing or not* magician, where one can choose to project or not. In NLP, hypnosis is the key operating principle, in new generation the work is eyes-open, with both the real and the imaginary engaged simultaneously.

The new generation is best facilitated by awakened persons - after all, if the guide does not know the way or the destination themselves, of what use are they? Thus facilitators do their personal work first and learn the processes and ways of being with clients second, and develop their meta-cognition of the work last. The power of the work comes from the beingness of the facilitator, requiring a genuine, all-levels, complete acceptance of self and other before and during the work. If a facilitator falls out of this state (into trance), they withdraw, self-process, and can then return to facilitating.

The Milton Model is redundant in new generation NLP, apart from the packaging of some of the clean questions, like the triple-injunction *and does that have a size or shape or form?*, *and whereabouts could that come from, the body, head or outside, whereabouts could that come from?* The Meta Model is also redundant, as the sub-modality content is unnecessary. Meta programs are also not particularly relevant, as the client frees himself from such limiting constraints.

Perhaps one of the biggest paradigm shifts is the loss of outcome-orientation, into genuine systems facilitation. Another shift is the form of listening: as each aspect is communicating from the not *here and now*, the facilitator can be modelling the causation environments that give rise to the present words and other signals coming from the client. Ideally an autistic ability to listen literally, intentionally mis-interpreting client words is required - to both escape the delusion of a *here and now* conversation or story and to model the context that gives rise to the hidden signals of the *not here and now* client.

Mind arises from a measurement to seek understanding thereof. If too many measurements are made before right understandings have come the mind becomes a permanent fixture, like the *chattering mind* of Buddhist tradition. The matrix is the

interweaving of the projections of the minds of the selves. By working in a minimum-projection environment the individual's mind can gradually set to work on coming to right understanding of their life, their ancestry, culture, land, cosmology and the world around. Once completed, they are then at peace, in *no mind*, and at one with the world. In this state of consciousness, truth is known, and the back-to-front-ness of the perceived world is seen as it is:

Emotions are the interaction of another's projection and one's body. For most people, they are triggers from the past activated in the now (they are signals of intruded emotions in the past); for awakened people, they are purely the projections of others, mostly from the present time.

TIME, SPACE, MOMENTUM AND LANGUAGING

Measurements are coded spatially (for space-time) or in movements (momentum), just like in physics where one can know either location or momentum but not both precisely. Humans are as affected by Heiseberg's Uncertainty Principle as are quantum particles. For spatial measurements we use adjacent spatial questions (e.g. *and what could be inside that*), and for momentum measurements we use adjacent momentum questions (e.g. *and now what is happening?*). The point is to work directly with the present communication to help it to do its job, thus adjacency. The point is also to measure only the client's system, nothing of the facilitator except the clean question itself.

Language, as exemplified by occidental languages, especially english, inherently places structure on that which moves, measuring and fragmenting experience. Everything is placed in spatial constructs: we have plenty of pre-positions, but no *pre-verbs*: no accelerators (which word in itself is a nominalisation of accelerating, which is a momentum form of explaining the experience). Thus the native American said *white man speaks with forked tongue* - not because of the Judau-Christian serpent mythology, but because the very language we use separates self and other from at-one experience. To escape the constraints of modern English, using *inging*, like *and-ing nowing whating ising happening?* Strange at first, because it is unmeasurable: stranging firsting being experiencing living not'ing deatching.

THE MAGIC OF 7

The deeper structure holding submodality structures in place is a measurement system, just like language. The pattern mostly present is that of 6 spaces between the centres of attractors. The centres are the pronouns of the personal collective, and the spaces in between hold the submodalities of the inbetween. Initially, DAVID GROVE realised the significance of the concept of *6 degrees of separation*, and used that to navigate between pronouns. The three nearest spaces to each centre provide their contextual holding space, thus making six in total. Sometimes there are more or less than six spaces - basically, if a particular structure requires it. Characterising each of the numbers 1 to 6 gradually led to my realisation of their more archetypal nature and historical legacy:

The structure is one of the deeper magics we now have: the 7 days of the week, and the meaning of the archetypal names they have. Before explaining this, first realise the strange coincidence of sun and moon. The same side of the moon always faces the sun: we only ever see one side, even while the moon orbits the earth every 29.5 days the moon rotates perfectly every year so that its orbit precesses perfectly in alignment to the sun: a strange coincidence indeed! The myth of Osiris and the associated mysteries, lost in time and space, can be understood correctly as the story of man himself. We are sun and moon in nature, reflected by all that the universe shows. The Ancient Egyptians fused two symbols (the cow and the sun), representing the unconditional love of giving and the centre of life, into the Goddess Hathor, becoming the letter *aleph*, then *alpha* and eventually *A*. Sacred cows and the demonising of the golden calf might be re-interpreted in this light!

The sun represents our radiant self, thus Sunday is the day to radiate, the day to speak to the universe around, to communicate outwards. And Moon day Luna-di is the day of reflection, to receive the returning messages from the universe around, which are the results of the interaction of your radiating and the structures of the universe around (people around, for example). On Moon day, one reflects others.

On Tyr's day, Mars di, one explores the universe around, the context, the hunt: why it is the ideal day to land a CV or proposal at 1100 on the desk of where you want to work. This is an ideal time to understand the context of one's life situation. On Woden's day, Mercury's day one visits and receives information from the source, from the messenger of the Gods. This is like going back in time to understand the causes and thus to be able to choose differently or again with greater wisdom.

ABOUT EMERGENCE

On Thor's day, Jove's day (Jupiter), the lightning strikes of new visions and creations are to be made. It is a day of choosing the new time steps of creating. Freya's Tag, Venus' day is that of beauty, abundance, manifesting, harvesting, fruiting, flowering, of expressing; it is the day to create the new context for oneself.

Saturn's day is the pause in between, the pronoun attractor. It is the day to be oneself, without analysis, just experiencing the beingness one has recreated over the last 6 days. Yes, the 7 days of the week represent the 7 most relevant celestial bodies to us and our lives, and influence us beyond our most illusory imaginations. But, over millenia the real meanings have been distorted and lost, and thus I now correct the meaning and functions of the days and the planets:

Sun RADIATING one's essence; once purified, this is love, of course!
and what [else] do I know
and what knowing is emerging?

Moon REFLECTING that which others have radiated, and receiving
the reflections back from others, a pure mirror once clear.
and what [else] does that know?

Mars EXPLORING the context, the SPACE AROUND, to better understand
and is there anything else about that?

Mercury RETURNING to the SOURCE in TIME to receive the insights into
past creations, to make better next decisions
and that could have come from where or when or what or whom?

Jupiter the lightning strikes of NEWLY CREATING - unrolling the visions
and now what can happen?

Venus MANIFESTING the new world around: the new body, self
and is there anything else?

Saturn the pause of being oneself, the rings representing the eternal cycle
of self- recreating that I do.

EXAMPLE CLEAN QUESTIONS

and whereabouts could that be?
and does that have a size or shape or form?
and what could that know?
and what could be just inside/around that?
and how old could that [client-expressed pronoun] be?
and what could [age] be wearing?
and who or what could be there?
and now what is happening?
and nowing whatDing isDing happening?
and nowing?
anding?
and is there anything else about that?
and that could that have come from [where or when or what or whom]?
and now/then what can happen?
and now/then what happens?
and is there anything else?

RESULTS

If the work is completed, then what some call *awakening*, *God consciousness*, *no mind* or *at-one-ment* arises and stays as a permanent beingness within the body, the mind expands from a tiny volume to fill the body and the universe around, and a person emerges from the trance of self-mind and group-mind, seeing the territory objectively. Interim results include transcending addictions, compulsions, obsessions, letting go of problems, goals and lifelong habits. Whole areas like *fear* can be addressed as one rather than as individual phobias.

Primarily people become happy with who they are, their life and the world around, they often no longer need to attend personal development events or to be involved in the industry, seeing it for what it is; they can get on with living their life rather than obsessively working on themselves or healing themselves vicariously. Some people come into clairsentience or full physical mediumship, and are able to see and feel and interact with *the other side*, in all its realms - implicit shamanism! Other people are not interested in such things, and choose their new reality, and re-enter the matrix

with a different choice of personal beingness. Others get the great cosmic joke and emerge to spend the rest of their life as a *laughing Buddha*. Any person can create the result they wish from the transcendental beingness.

Sometimes people do not complete, and choose to keep early-life fragmentations. Completing often means undoing traumas experienced as far back as the moment of egg, sperm and soul fusion, past life projections and ancestral chains.

Ultimately, the result is *contentment, pure contentment*, an abiding inner and outer peace with oneself and the world around.

CONCLUSION

NLP as created serves useful purposes in the world, and can still be useful for quick fixes. And, I advocate its use sparingly, and that the locations of submodalities are not moved, so that the deeper work can be easily done in the fullness of time. Without the shoulders of the giants who built the first 3 generations of NLP and components of the 4th generation, I might not have been able to create this occidental path to full awakened beingness, so thank you all, specifically, Gurdjieff, C.Andreas, Freud, Jung, Asimov, Berne, Crowley, Senge, Wilber (although you have got so much wrong, sir), Grove, Watkin Seymour, Bandler, Grinder, Delozier, Erickson, Bateson and Dilts. The New Generation of NLP creates results through pure beingness and simple, tiny, gentle wishes. There is no need to access flow states when one is effortlessly in *no mind*. There is no need to influence others using hypnotic patterns when simple direct and truthful communications are more powerful still. There is no need to entrance others with clever language spells - notice that the negatives in this paragraph are not embedded commands, they are simply my communication, and my intention aligns with the words completely. I could have said that truthful and direct communications get the best results, by having each person only do what they love, the best results emerge. Anything other than love is a manipulation! So don't manipulate yourself or others. Full stop. I know that you, the reader, are still entranced in the matrix, and that you may not like me saying this. If this is true, maybe you would like to consider your reaction as a gatekeeper to transcending the matrix. If you are curious, or have any questions about emergence, please do contact me - steve@holigral.com

STEVEN SAUNDERS
September 2008

APPENDIX: PHYSICS AND MEASUREMENT

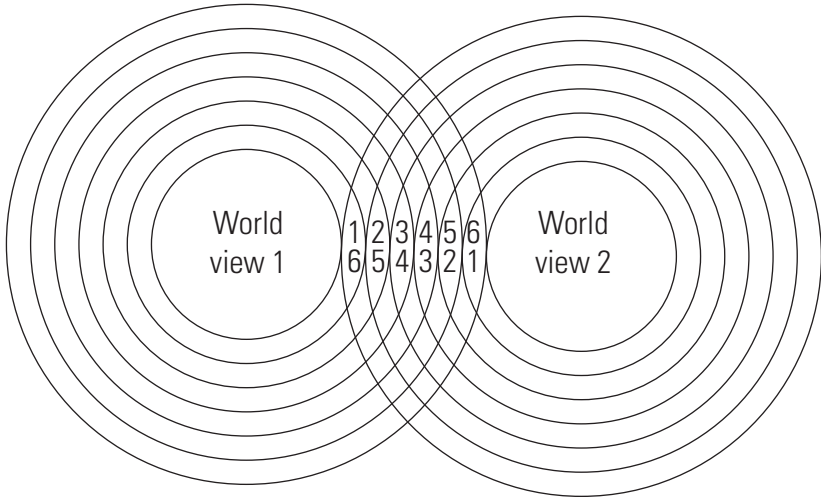
The basis of modern Physics is Quantum, and the basis of Quantum Physics is two principles: those of uncertainty and measurement. The Uncertainty Principle says that either something can be measured as a location (in space and time) or in a movement (momentum) but not both at the same time. These principles apply from the quantum scale to the cosmological scale of the universe. So, they also apply to us humans!

A measurement is made as both a real and an imaginary experience, either in location or in momentum. Because it is both real and imaginary, it is called *complex* mathematically, and the laws of complex mathematics apply. By applying the inverse to the measurement, it can be undone. In complex mathematics, there are *Hermitian Matrices*, which apply here, with the useful property of being *self-inverse*, meaning that the process of creating a measurement is the same as the process of destroying a measurement - *un-measuring*.

A human measurement is made through the focus and movement of awareness, which is interrupted or recorded through experiences like *shock*, *association*, *intrusion* and *non-understanding*. Thus, a person records an experience until it is understood, or until life force disconnected by a shock is reconnected, or until life force associated into something external is recovered through reconnection, or until the intruded life force is reconnected and returned to its source (whence it came).

The measurements themselves have to be sufficiently separated in storage and so they have some degrees of separation that code and hold them apart. Nature being efficient, it seems empirically that six steps separate adjacent measurements, thus a pattern of sixes and sevens is the holding structure of spaces, times and movements. Three steps give context to one measurement and the next three steps hold the context for its adjacent neighbour.

Sometimes the boundaries between measurements are stronger: these are the boundaries between life's major defining moments when the self changes apparently irrevocably. If you do come across one of these, refer to a sufficiently experienced facilitator for the undoing.



A whole person lives in the here and now, experiencing projections from others but able to differentiate the time-code of the service-level interaction happening. Measurements give off signals for their release - basically every single turn of phrase, pronoun, word, gesture, nonverbal, emotion and thought is such a measurement. A normal person has so many measurements that the signals communicated from the measurements are all jumbled up, making the illusion of the *present* experience.

The conditions for emerging the measurements and associated understandings are: a non-projecting environment and *psycho-activity* (where the real and the imaginary are simultaneously active). The environment therefore requires a highly evolved facilitator who is at peace and acceptance of everything and anything to do with the client and what the client is addressing. The psycho-activity requires developing as a facilitated interaction evolves, including clients working eyes open, movement and periods of sleep. 6 degrees of separation between two...

Diagnosis is simple: a person at peace in the here and now has nothing to say, gesture or feel, except as required by the projectors of their environment. Anything else is a signal!

A person who is at peace, though, becomes temporarily *not at peace* in service to others when in their presence; they then flow WITH the projection of the other person, although sometimes they might choose not to flow with it.

THE HOLIGRAL WAY

An Empty Vessel Suffers Not.

These are ten of the eleven principles for living life at one with the world. They have been developed after years of thought and meditation as to the best practices to enable harmony.

Be not serious, except for the purpose of entertaining the enlightened ones. Laughter is the natural response to truth. It is also fine to be serious if you really insist.

Know you are perfect as you are, as is everyone else, for they are you. So whatever you do to them, you only do to yourself, and you WILL be on the receiving end during that life when you are that other person. This is why harmlessness pays, and good enough reason to be harmless and grateful for other people's acts of harmlessness. It is also fine to not be harmless and not to be perfect - there are many times and places where this serves.

When asked, you may accept or decline as you wish (yes to the soul, no to manipulation: use discernment). It is also fine to not use discernment and explore the consequences.

Be helping to change something only when asked by someone else, because everything is already perfect. If you wish to change something, work with it; help it to do its job, and it will cease as naturally and effortlessly as possible. It is also fine to offer to help, and to help without being asked - just don't expect to have your help accepted - nor any gratitude.

Be unattached to your offers being accepted. *Shall I put the light on or not? Would you like a cup of tea?* It is okay to offer a service, but do so without attached desire, remain equanimous to the response. It is also fine to be attached - enjoy it!

Never be telling anyone how to do their job or activity - unless they asked you first - else you might ruin their learning or incur their wrath. Every single job or human activity is done by the actor for the purpose of learning about or understanding that activity; they learn by doing. It is also fine to tell someone - enjoy the consequences!

Be neither judging of yourself nor of others. There is no right or wrong; each actor has attracted the others, and the outcome perfect for all - at the soul level of perception - obviously the personality might not agree. Paradoxically, therefore, it is fine to be judging if so required by the other actors.

Be accepting of others as they are, and of yourself as you are; its the only way to assure inner and outer peace, but you can choose who you spend time with - you do not have to consort with anyone. It is also fine to be non-accepting - enjoy a bit of judgement!

Release yourself and others from your interpretations of your perceptions. You can only see yourself in others. It is an act of harm to hold even an interpreted perception of another being unless it has been requested. Notice maybe, but let it pass. It is also fine to not release - hold on and experience it!

Be in the here and now. When mind arises, let it do its job and return to peace. Let emotions inform right action and flow out to completion. It's also fine to be other than in the here and now - dream of the future and re-think the past!

It is also fine not to follow the way! But there are consequences! For an easy life, follow the way; for more challenge, do not.



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