

Utopian Tao & Stargazing

By

Dan Jones

Contact the author:

www.personalfreedom.co.uk

First Edition 2009

Published and Printed By Lulu.com

Copyright © Daniel Jones 2009

Daniel Jones asserts the moral right to be identified as the author of this work

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publishers or author.

1 First Edition 1

Contents

Introduction	5
What is Utopian Tao?	9
Why Follow Utopian Tao?.....	13
What is The Truth?	21
What is Stargazing?	23
Teachings from the Unconscious	27
Manipulation on the Public Mind.....	43
How Your Emotional State Can Be Used Against You.....	83
Universal Consciousness	87
Living on beyond death.....	91
Finally	95

Introduction

Over the years I have had a keen interest to want to know more about life; the universe; why we are here; the nature of reality; whether we should really try to achieve success or be non-attached and let what happens happen.

After many years of meditating I finally decided that I was curious to discover some of the answers to my questions. I wanted to know what my unconscious mind knows; I knew that the unconscious mind has vast potential and that it has tremendous wisdom.

Many great discoveries have occurred for people that have discovered the truth about what leads to success and achievements.

Many of these people discovered how to naturally use Stargazing. Among the people that are documented to have used discovered the truth and used stargazing are; Isaac Newton, Archimedes, Einstein, Tesla, Disney and Da Vinci.

I had people communicate with my unconscious mind to discover the answers to my questions. Then I studied these answers to begin to make sense of them.

From this studying and my background knowledge I discovered the truth for myself and developed Stargazing as a way of refining a natural process that others had unwittingly stumbled upon throughout history. Those that use this natural process most successfully found their own unique ways of refining and mastering the process.

This book is the result of my discoveries. The truth and Stargazing both came out of philosophical insight about reality, consciousness, life and the universe. This philosophical insight has gone on to be termed Utopian Tao. I look upon Utopian Tao as an Experimental Philosophy as it is an ever changing and developing understanding based on universal learning and experience. It isn't

about one person creating something and saying ‘this is the way it is.’ It is about letting those that follow it build on its structure based on real experience and understanding.

This book contains an introduction to Utopian Tao explaining what it is. It gives a chapter on the unconscious teachings that led to developing Utopian Tao. It then moves on to explaining how people are manipulated by governments, cults and the media and how to avoid being a victim of the manipulation and becoming a free thinker.

The idea behind Utopian Tao is to create a better world that we can pass on to future generations. To create and promote positive mind-body health and above all else to create positive change that can ripple out and permeate through society to create the world we would all rather live in.

Utopian Tao and Stargazing can lead you to **The Truth** about how you can:

Lose weight effortlessly, without dieting

Find giving up addictions easier

Break negative habits

Relax and manage stress better

Have increased health & wellbeing

Have reduced anger

Increased metabolism

Boost your immune system

Enhance memory and learning

Generate new skills

Achieve greater levels of success in business, and life

Break free from the 'Reality Trances' created by those in power

from big businesses, to politicians and advertising

Generate a new reality; a reality of hope, opportunity and freedom

And so much more

'Do you want to live in the current reality that was created by previous generations; or break the mould, step out of that reality and create a new reality you can be proud to pass on to future generations?'

"Utopia" was coined by Sir Thomas More (and used as the title of his book in 1516 about an imaginary island enjoying perfect legal, social, and political systems, an ideal society free of poverty and suffering)'

What is Utopian Tao?

Utopian Tao is a way of approaching life, the world and reality

Through Utopian Tao you can discover enlightenment while you travel a path to freedom and love. You can experience the truth and begin to trust that peace is a possibility. You can focus on achieving knowledge through discovery and creativity. You can effortlessly begin to take a journey of self exploration to discover your future potential and to discover how you can create a reality filled with success.

From exploring the mysteries of life and the world with a sense of creativity, self expression and loving kindness you can improve your communication with others, with yourself and with nature. You can develop a passion for enhancing wisdom and gaining energy to create movement and change.

With Utopian Tao you can begin to master universal information creating change on a quantum level making changes deep within the cells by altering the DNA.

Utopian Tao comes from years of research and studying of Quantum Physics, relativity, epigenetic (the study of how genes can be turned on or off to create change), bioinformatics (the study of how information flows throughout the mind and body - information transduction), the law of attraction, network theory and chaos theory.

Mastering Utopian Tao through the use of the Stargazing process or technique you can begin to understand information transduction. Some people have even speculated that there is a flow of consciousness from past lives to future lives and this present life.

Utopian Tao explores evolution and even impacts on the continuing evolution of our species by affecting our genetic expression.

With Utopian Tao it becomes possible to alter our perception of life. In reality the only reality is our perception. It helps you to feel a part of a universal consciousness. You will take back control and choice and the ability to make your own decisions and have free will.

Utopian Tao relies on those interested having a level of intelligence and being 'clued up' to what has been going on in the world and the possibility for change and improvement for the better.

Studying Utopian Tao and Stargazing creates the revelation of what lies behind 'The Secret', 'What The Bleep' and 'The Living Matrix'. Helping you to master your destiny and positively influence the destiny of others.

You can also experience powerful levels of healing and become one with the positive changes that Utopian Tao aims to bring about.

The aims of Utopian Tao is to create stability, improve education, increase harmony, and generate a resonance of positivity

that can begin to alter society to create the future reality of peace, love, kindness, happiness and success to replace the current reality of suffering and heartache.

Together as more people think about this 'Utopian Idealistic World' the thoughts of the many will gain a harmonic resonance that will begin to overpower the current 'negative vibe'.

This harmonic resonance can be fuelled with compassion for our planet and all living things.

It is a commonly held belief that you get what you focus on. The problem so far has been that many people don't realise that there is a specific way of focusing. A part of it is to focus on the emotions not the thoughts then getting the conscious and unconscious parts of the mind working together to generate achievement through motivation and meaning.

Why Follow Utopian Tao?

Whether you look at politics, the environment, big businesses or the world's financial markets you can see things need to change. Utopian Tao is about hope and freedom. It's about focusing on creating a better world for yourself, your family and future generations.

All of the current events increase the pressures of day to day life and stress. We all need a certain level of stress to survive. Stress at the right time to the right amount lasting for less than 20 minutes or so is useful to us. It can motivate you to get out of bed in the morning; it makes you respond to various mind body signals like when you feel hungry, or when you need the toilet. It can trigger anger or anxiety when you need to save your life (either: fighting, running away,

or freezing).

When we experience stress it turns on 'immediate survival' mind and body processes. So you have increased blood flow to the muscles, increased 'stress chemicals' to enhance and focus perception, speed and strength. At the same time as turning on 'immediate survival processes' it turns off long term survival processes like sex drive, healing, and the digestive system (none of these are necessary unless you survive the immediate threat).

More recently there have been studies that show prolonged stress or anxiety negatively alters your genes. There is a field of science called Epigenetics that is about genes being turned on or off. It's not mutations. All the genes are still there, still in the same place. It's just that different combinations of genes are turned on or off which expresses different traits. If someone has prolonged stress they change at the genetic level to someone that is less tolerant to stress and so more likely to become angry or suffer stress related illnesses and cancers.

Another recent shocking discovery was that as we pass on our genes to our children during conception that means if we are a 'stressed person' at the time of passing the genes on we are passing on stress genes meaning that our children have a lower tolerance to stress when they are born. They will then pass this on to their children and so on unless one of the generations stops and learns to relax and becomes a calm person.

The research has shown that women only pass on genetic changes if those changes were created in them before they developed eggs, so if they don't suffer prolonged stress until their mid-twenties they are unlikely to genetically pass on the genetic changes. Although they can still teach the new born child poor coping skills for managing stress and induce genetic changes that way. They also can create genetic changes in the unborn baby in the last trimester before birth due to the mothers' chemical messenger molecules accessing the unborn child and altering its DNA.

Stress isn't the only thing that alters our genetic expression (variations of genes being turned on or off). What you eat, the amount

you eat, whether you drink alcohol, how much you drink, smoking, taking drugs, strong emotions, relaxation, social interactions and more, all turn combinations of genes on or off.

A study was done looking at a town where family had lived for a number of generations. What was discovered was that famine affecting a generation over 100 years ago was still affecting the current generation. The records showed which families were affected by the famine and which weren't and it matched with the size of the current generation and their metabolism and health.

Now is the time to make a difference. Almost like creating a universal unconscious where positivity, compassion and love can be spread to enhance the physical and psychological health of the current generations to pass on the legacy our children and our children's children deserve.

We can have the love and compassion for our future generations to make a difference now! Only we have the power to turn around problems currently going on in the world.

There are a select few people around the world that currently have control and influence over the many. This has only been possible because we have allowed it to happen. With a little knowledge and a desire to do good we can change the course of history.

We are our futures history and we all play a part in being remembered for doing the right thing.

Utopian Tao is a way of life that uses Stargazing to create positive future change. It isn't a religion, in fact it should appeal to people from any religion, helping to unite the world on what we all believe in...the precious nature of life.

In all religions around the world the one thing they agree on is that life is a gift to be cherished. Utopian Tao does just that. It focuses on making our current life positive for ourselves and others, with the added bonus that you will be positively influencing the lives of future generations perhaps for hundreds of years to come. Your legacy truly will be in your genes, and the genes of your children and your

children's children, and their children. Every decision you make now will be affecting many generations to come.

Currently in the financial market there is a collapse that was created by the promotion of negative attitudes and beliefs. The same has occurred in the housing markets around the world and in the retail sector. Much of this has come about because of a trend towards materialism that has continued to increase within society.

In politics and the media (like advertising) there is an increasing level of influence and manipulation. Contrary to popular belief this isn't Neuro-Linguistic Programming (NLP) being used for manipulation it is natural every day communication skills we all use just being used negatively with a high level of skill and precision; and frequently for the speaker, or politicians gain rather than the listeners gain. These skills; when used artfully and for the wrong purpose; can induce emotional states as desired by the speaker in the listener. Every emotional state creates a unique perspective on the world. For example someone that is happy often sees good in things and is more optimistic meaning they see opportunities, someone that is anxious or

depressed often sees bad in things and is more pessimistic and misses opportunities. Some states have people making their own decisions; others have people looking to others to know what they should be doing. If someone else controls your state, they control your mind by being able to influence your decisions.

There was an experiment where people were invited to a science lab. On the ground on the way to the lab was a £10 note. There were two types of people turning up; one claimed they were lucky, the others claimed they were unlucky. All the lucky people saw the £10 note and picked it up. All the unlucky people didn't see the note and didn't pick it up. The same opportunity was there for all of them but the state of mind they were in altered what they saw through their view of the world. If someone else controls your state they can ensure you only see what they want you to see.

The good thing is when you know what they are doing to manipulate you; you can learn to step around their traps and remain a free thinker making your own mind up about things. By following Utopian Tao you can develop an understanding of what the Utopian

future would be like and using the Stargazing Technique you can keep that future as your reality putting you in charge of your own emotional state of mind.

One person alone can't change history but many people acting together can. If you needed to push over a wall and just one person pushed the wall would stay standing strong. If you enlisted the help of 100 friends you wouldn't have to put any extra effort in to pushing yet the wall would now collapse.

To impact on changing society and the environment it takes global collaboration and a universal bond that transcends our differences and our arguments and gives us a united front.

By having enough people *follow Utopian Tao* we can make the world a better place.

What is The Truth?

The Truth is the secret behind 'The Secret', it is what gets alluded to in 'What The Bleep', it's what makes 'The Law of Attraction' or 'Cosmic Ordering' work, it is the route to self healing both physically and psychologically as touched on in 'The Living Matrix'.

The Truth is so powerful people have used it for centuries. Unlike many other claims it has never intentionally been kept secret; it just hasn't been widely shared.

The Truth is the route to freedom and peace. Throughout history many people have known that to achieve success or to make change happen you have to dream of that change first. This is something that many successful people have discovered yet few have shared. It isn't just about dreaming it is about how you dream.

If you are in a Science lesson at school and you discover your mind wander and you begin to look out of the window and daydream

you are likely to get told off for not paying attention. If that daydreaming is focused on what you will be doing that evening, or some other unrelated topic then the daydreaming isn't being used beneficially to help you learn and integrate the content of the science lesson.

If on the other hand you are daydreaming because of the science lesson and about the science lesson then what you are actually doing is updating your mind with the new information you have been learning and so the daydreaming is serving a positive purpose.

Daydreaming with purpose goes far deeper than just making sure you remember your science lesson; by daydreaming with a purpose you are able to change the world around you. This is The Truth. This is The Secret that few people share.

It may sound like a simple idea yet throughout history simple ideas and solutions are usually the best. There is nothing humans have created that didn't come from a dream. Revealed in this book is how to use your dreams to create change.

What is Stargazing?

Stargazing is a technique for taking control of your own mind and body wellbeing. It is a technique created to help people to daydream with purpose to create change.

Many people have tried things like self-hypnosis and meditation only to find that they are difficult to do. The advantage of Stargazing is that it is based on the daydreaming you already do, not based on expecting you to learn to do something different.

To do Stargazing you utilise your natural daydreams to re-programme your own mind. No-one else is involved in the process. Whenever you involve someone else in the process it gives them power to have an influence over you and if they are skilled at influencing without people knowing then you may make yourself vulnerable to their beliefs, values and agendas.

Stargazing can be used to achieve anything you want and can

be over any time frame, it could be that you want a successful business in a years' time, or that you want to achieve an ideal weight in six months, or to quit smoking by the end of the week, or to have a Utopian world in 10 years.

What is the process of Stargazing?

1. Establish what you want to achieve in the long term and what the stages are that you need to take to get there (in sensory form - so what will you see, hear, feel)
2. Each morning tell yourself that the daydreams you have that day will be towards helping you to achieve your next stage or goal
3. When you daydream take some time to find somewhere you can safely and comfortably close your eyes for a few moments and drift with the daydream
4. Close your eyes (you can keep your eyes open if you wish, it's just often people find it easier to have the eyes closed) and drift with the daydream state allowing it to take whatever form it wants (you want to just allow your own personal self expression)
5. After about 10-20 minutes (either give a maximum fixed time if

you need to or just go with the daydream), preferably when it naturally feels right to do so, exit the daydream state and carry on with the rest of your day

Just like normal daydreaming you have the natural ability to be daydreaming even in hectic or noisy environments. So although it is preferable to be in a quieter environment; that is only really because it is nicer for the person that is daydreaming.

Stargazing is based on findings about how the mind-body works. We all have a 90-120 minute cycle called the Ultradian Rhythm. This cycle rises to a peak alert state and lowers to a daydream state. These daydream states are where the brain updates patterns (like a computer frequently auto-saving a document. This updating happens throughout the mind-body in the brain and the neurons in the brain right down to the genes); boosts the natural healing response right down to a cellular level, increases metabolism, makes the person feel more alert and has many other effects on other biological systems.

By using the Stargazing technique frequently you increase the quality of your night time sleep. If you allow for 7.5-8 hours sleep a night and do the Stargazing you will keep your dreaming sleep at a

healthy level. For people wishing to lose weight this will help you to begin to eat better and to lose weight without the need for dieting. For those that want to increase muscle protein production will be improved and you will find it easier to build muscle without any extra effort.

If you have any addictions like Smoking these will be naturally easier to overcome for two reasons. One; addictive behaviours are normally carried out during times when your mind wants to enter a daydream state so you will be doing the Stargazing instead and so won't get cravings so often, you will also be breaking the habit by doing the Stargazing instead. Two; you will be keeping anxiety levels down and relaxing more which reduces peoples' need to carryout addictive behaviours.

By Stargazing frequently (two-four times a day) you will be increasing your natural level of relaxation and so reducing stress and anxiety and increasing your tolerance to things that in the past would have made you angry. All of this will result in a reduction in stress related illnesses like IBS and Eczema.

There are many other positive benefits to regular Stargazing that you can discover for yourself.

Teachings from the Unconscious

This chapter is written based on what my unconscious mind had to say on topics like, reality, healing and success. The unconscious mind has far more depth and wisdom and knowledge than the conscious mind. Due to this I allowed myself to be put into a state of mind where my unconscious mind could communicate.

I have done this same process with a number of different people and everyone gives similar answers. Only now is science beginning to demonstrate the accuracy of these answers through the study of topics like Quantum Physics, Epigenetics and Bioinformatics.

Many people think they understand what energy is. They often have this idea of energy being power and the more energy, the more power.

Energy is a vital part of reality and life. Without energy none of us would be here now. Neither would anything else in the universe. In fact not even the universe would exist. That is why I am starting with this idea of energy and what it really is.

Energy is movement. It's a transferring from one place to another of information. Some examples are; like gas moving through the sky or like a wave moves towards the shore the water stays where it is the energy moves. Or more precisely it is the information that is transferring along from place to place.

All energy is the same it just appears to be different. If you go to a small enough level it's all the same. In the same way that you can look at a tree and see it is a tree, you can look at a person and see it is a person. Yet if you could zoom right in on a tiny particle from that tree; or zoom right in on a particle from that person, you can even zoom inside the particles and you'll see that deep down they're the same. Fundamentally we are all made of the same components.

It is from the way that they are organised that changes what they appear like to us. The more organised they are from chaos the more different they look. Even a small initial change can lead to a large difference in how something turns out.

What leads to such variety is that there are many combinations; in the same way that you can get a box of Lego and put the blocks together to form different objects but all of the blocks are the same. So on a fundamental level everything is the same; yet a myriad of different possibilities can be created.

All of this takes energy. The more there is in a space the more energy there is. And if energy is information then the more energy there is in a space the more information is contained in that space. This can lead to highly complex developments. Everything has to 'know' how it is supposed to interact with everything else.

It is how you organise the energy that makes it look different.

Energy is like a perception; you look at something and to explain it you know it has moved or changed and so it can appear to flow, energy the term energy is like a perception in the same way that you can say that a flower grows...and if you speed up the footage it

appears to move considerably and it appears that it is actually moving but it isn't what is actually moving is information

Energy is like the perception of the information moving, like when you look at an illusion on a piece of paper and it looks like the lines are moving, it's not lines moving, and you know that consciously yet it still looks like the lines moving. Information does the same thing; as if everything talks to everything else and passes on a message that alters something further along the chain and that looks like movement like when you have a big spring and when you flick it at one end it looks like a wave travels down the spring yet all the parts are still in the same location it's just every little part told the next part to move slightly and to look a certain way.

Everything reacts to something, *it* doesn't know how *it's* going to react until *it* happens and then *it* reacts to whatever *it* is, like a football doesn't know where it is going to go until someone kicks it, and that person would have the intelligence, yet the ball wouldn't.

Every possibility is a possibility and no possibility happens until something happens to create that possibility. An intelligence might know what the likely possibility is but that intelligence is further

up the chain.

Humans have intelligence, we're not the only things that have intelligence but we have intelligence. That intelligence is based on the organisation of all the particles in our minds that allow for signals to be passed around in specific patterns and that allows us to be catalysts to things that don't have intelligence that don't know how they're going to respond. Something in the chain has to make the choice or every possibility is a possibility and everything is chaos

Everything is chaos even when it seems organised. Chaos is so chaotic it can appear smooth and organised like stirring milk in a cup of coffee; jumbling it up more and more until actually it is more organised than chaotic, until it's actually less random and you wouldn't know which parts are coffee and which parts are milk, but you know that if you took a chunk from two different places they'd look fairly similar but everything would be chaotic, smooth eventually and organised from chaos and intelligence controls that, intelligences has an influence on chaos.

We have a knock on effect to things, it is difficult to maintain stability because we influence everything yet we're made up of

everything so we're influenced back. So we can be hot and cool off and be too cold and go back to the hot to warm up. We need change to always happen. If we weren't in the universe and no intelligence was in the universe everything would be smooth and boring and wherever you look everything would be the same; there would be subtle variations but if you took two parts from different places in the universe they would look about the same.

We need intelligence, it breaks up some of that randomness; it's like rolling a weighted dice; if you roll a dice a million times the answers would end up smoothing out and it would appear like order in chaos. Each answer was random, yet enough answers make it look organised. If you have a weighted dice you'll have more answers coming up by the choice of the weight

For communication between the mind and body it is the passing of information. Many people get hooked on this idea of energy and energy therapies. They follow a belief or a path that is only a surface story rather than a deeper understanding of what is really going on. To master healing; whether it is for yourself or to help others you need to learn how information transduction works.

How information spreads rather than the outdated notion of energy.

It's like a baton race where you pass the baton on to the next runner and they pass the baton onto the next runner; only the baton is a message and the message has to be slightly different to apply to the next person along the chain.

For example if you asked me to move my finger the sound waves from your voice carry a message that creates movement to the hairs in the ears, and that movement creates electricity, and that electricity passes its way through from one place to another, passing the electricity on following a specific route, and that mixes with passing on to a chemical signal, that then passes on to another electrical signal and the chemical signal does that by; it's almost like tickling a cell that jumps creating an impulse, another bit of electricity that passes down and keeps passing that message along the line and then spreads it out to make sure that different muscle groups know to tense up or relax and then the movement just happens.

All of this happens very quickly. Consciousness isn't involved, everything knows what to do based on the signal it receives, if a finger needs to move, the sound waves at the ear trigger the route to

the finger not to the leg, yet at the ear there's multiple routes that can be taken, multiple variations, but the specific nature of the sound waves carry the one meaning.

Information gets passed along the right route, if an individual interferes they can block the route, they can be slightly too tense in an arm and the signal wouldn't get through that tense spot, it works better when the individual is somewhere else, focusing on something else, and that leaves the signal free to just go and do it.

For healing you want to get the individual to keep out of the way of the process so that the change work can happen unconsciously. You want the person to know what is being worked on but then to be distracted or occupied while that change takes place or sets in.

The more aware something is the more it tries to control chaos, not just with the conscious mind but with unconscious minds, and not just in humans but in animals and plants. Most things don't feel a need to control anything they just transform from one thing to another; from energy to matter, to different kinds of matter. Essentially they are all the same thing so without a consciousness they

just are, with a consciousness we want to control and we want to organise and we want to stay in a stable state and the more consciousness the more stable we want to be, a plant will try to stay stable; will try to stay as a plant; will try and reach out for water and sunlight to survive because it wants to stay in that stable state in that time. We want to stay in our stable state. Our stable state is life. We want to control matter and the world around us to stay in our stable state, we evolve to know how to control the information in the universe, how to direct it, the universe doesn't have healing power, what looks like healing power is us and other consciousnesses controlling the information. We control information to transform particles into different particles, to transform one chemical into another, one signal into another, if we, had some cells that might harm us, we can transform them, we can change the DNA in the cells, how the DNA's working. We can give other cells a template of what we want there and those cells will go there knowing what's there isn't right, dismantling it and building something new. We organise chaos.

When cells go wrong it's because of the information. Every cell has a small level of intelligence and as a whole we work like a bee

hive or an ants nest, and a cell that turns from being like all the others to being a cancerous cell is just following a different path of information, and it will have its own survival reasons for following that path, and that's how stress can cause cancer, and certain cells can respond to the response in the body of stress to try and survive

What is interesting is how peace, love and harmony can help with the healing process of things even deep in the cells; but only if the person who 'owns' the cells gets that experience. This gets interpreted as feelings or emotions in that person.

Many modern psychological therapies focus on creating change by changing your thoughts. To create deep change you need to change the feelings.

Research over recent years has shown that emotions always happen before thoughts. If you change the thinking it may lead to responding to situations differently meaning those situations cause different emotional responses or feelings. But if you change the feelings or emotions the thinking will follow.

Likewise with healing in the body, it is the changing of the feelings or emotions that is important rather than the thinking or

cognitive processes.

As an example; many people 'know' the risks of smoking but still do. You can help smokers to think differently and learn cognitive strategies for dealing with situations where they used to want to smoke. But this is often difficult for them to stick to. If on the other hand the smoker no longer got the craving (feeling) and instead felt a sense of peace and relaxation they wouldn't get the thoughts that the old craving feeling used to lead to so they wouldn't have to try to put cognitive strategies in place.

Another example could be someone wanting to lose weight. They could be taught ways of thinking when they feel an urge to over eat, or to eat the wrong things. Again this can take effort and be difficult to stick to. If it is stuck to it can become a habit making it easy to stick to but often people give in and stop their diet, or how they are thinking about things long before it becomes habitual. Whereas if they had different feelings when they saw food they used to crave this would lead to different thinking because it would be based on a different emotional response. Likewise if they had a poor self image, the thinking style could be worked on but they might

change their internal dialogue and say different things to themselves but not believe it. Whereas if when they saw themselves they felt a different way, having a positive emotion or feeling, then they won't get the negative thinking.

If someone was depressed; again they could be taught ways of thinking that if they do will help lift the depression. They can be educated about depression and how it is maintained and about problem solving thinking rather than worry thinking. But if they viewed their situation through a different emotional state they would get different thoughts without even trying.

For the peace or loving kindness to heal it has to be targeted at what needs the healing. It needs to be focused.

Where it's going has to be known. If it was a cancer in an arm it would have to get to that cancer in the arm; no good just getting to the heart and that could happen by having the consciousness knowing that that's what it is for. If you are in a therapy session or in any relationship and you're talking about an illness or you're there because of an illness, or there's any reason for that communication taking place to be linked to the illness the message will be targeted to the

illness. And that wouldn't happen if they said the same thing to you just bumping into you on the street if the illness wasn't in your frame of reference at that time and there was no link between what they were saying and no reason for it to be linked to the illness.

We all need to stand to one side. If it was self healing direction is needed then the consciousness needs to step away and let it happen, if it's healing of someone else they need to between them know the direction that is needed and then step aside and let the healing take place.

Too much effort is like creating a blockage, almost like cars on a motorway going at the same speed just carrying on constantly until someone slows down to observe an accident and that creates a blockage and all the traffic that's behind it slows down and grinds to a halt, and the ambulance that's trying to get through to help at the accident is stuck in a traffic jam, if everyone focuses on what they're doing and just keeps driving, the ambulance gets there quickly.

Chaos is not as bad as it seems, controlling chaos is difficult; controlling it in the right way is even harder.

As well as healing and understanding how energy and

information works and creates the world we live in within our day to day lives we need to have a level of success and fulfilment.

Success is getting what you set out to achieve. Achievement is the act of completing something. Success and achievement gives a sense of motivation. People don't do anything without having something to go for. It gives us something to do with our lives; something we feel in control of.

The question people always ask is how do you become one with everything? This is an important question because by becoming one with everything you begin to understand reality and the universe and the meaning of your life.

To become one you need to learn to become absorbed in everything you do. Becoming absorbed is like joining frequencies with the world around you. It's like making your energy/information waves the same as everything else. Understand that, that energy that information and those waves are all one, and when they're one and the same frequency as the waves around them they're the same as everything around them and the body is an illusion; you're an illusion; your seat is an illusion; everything around us is an illusion, because it's

all the same.

Reality is just perception. Nothing is technically real or false just perceived. Our perception of reality is all that exists; if you perceive reality it exists because you perceive it to exist but in reality it doesn't exist because it is just a perception; if you become one with the perception rather than just looking at it then it will stop existing, in the way that you understand.

If you achieve that you could be anywhere, be anything, you could move without moving, you could make things there that aren't there, things that to other people's perception would appear to come out of nowhere, but they don't.

You can understand that energy can't be destroyed or made only moved or transferred. If I walk people think they see me walking but they don't it's just a perception they have and if I take control of that I don't even have to walk there's no need to walk just transfer the information elsewhere then be somewhere else and not here.

It is useful to remember that the conscious mind can't understand how to do non-conscious things the conscious mind can't make the heart beat, the conscious mind can't decide to multiply cells

or make blood clot or run freely, never mind how much it would want to, only the unconscious mind can do that, the conscious mind wouldn't understand, it would be too complex.

Manipulation on the Public Mind

For more than ten years now I have been intrigued about how some people seem capable of getting anyone to do anything. I had a number of burning questions.

I always wondered what made people take on radical views? What made people suddenly decide to join a faith? What made some politicians so influential? What makes someone suddenly willing to die for a belief?

There are many aspects to effectively influencing people. Many people reading this probably think that there is no way they could ever be manipulated into doing something against their will.

They are probably thinking that it can only happen to weak

people. In reality anyone can be convinced to do something they wouldn't normally do. In many cases it doesn't really take much.

People have a willingness to do what they are told by authority figures. This is something that is learnt throughout your life. You do what your parents tell you, you do what your teachers tell you. Most people don't ever question what is being asked of them they just accept it.

Most children feel a certain level of anxiety when they are in a situation with an authority figure like a Doctor or a Dentist. This programming that takes place throughout childhood often affects people in adulthood.

People find it difficult to stand up to their boss, they still feel a little nervous with Doctors or Dentists and many adults also feel intimidated when they are in the presence of police officers.

All of this anxiety makes people more compliant. Many con artists take advantage of this automatic compliance by putting on uniforms that people will respond unquestioningly to, like security uniforms or inspector uniforms.

As long as the con artist acts confidently 'as if' they really do hold the position they claim to hold, and they keep the person in a

slightly confused state not giving them enough time to step back in their mind and assess the situation fully they are likely to be successful with the con.

Before I explain how people can have their beliefs radically altered I just want to explain that in my opinion there is nothing inherently wrong with most religions, groups or cults. They are a good place to meet people and socially interact. The problem arises when people are being manipulated and are no longer making their own decisions.

In this book I will talk of cults. I am using this term to describe religions and group followings that expect followers to share the same beliefs.

How People are Drawn into a Cult or a Specified Belief

As I have mentioned there is nothing inherently wrong with most cults. Belonging to a cult or group can be a healthy thing. They can often meet many of the emotional needs that all humans have.

These emotional needs include:

- To give and receive attention (e.g., socialising)
- The mind body connection (e.g., not sleeping can lower the immune system)
- To have purpose and goals (e.g., having an aim in life)
- Belonging to a wider community (e.g., joining a group or a religion)
- The need for stimulation and creativity (e.g., working at achieving your goals)
- The need to feel understood and emotionally connected to others (e.g., having a close group of friends, having a loving partner)
- The need to feel a sense of control & independence (e.g., knowing what is in your control & making decisions)
- To feel a sense of security (e.g., financially, within a relationship)
- Having a sense of status within a social group (e.g., holding a

specific position in a company)

- Having a sense of competence & achievement (e.g., being good at your job, meeting your targets/goals)

There has been a lot of talk in the media about teenagers being drawn into becoming suicide bombers; and other radical changes. What there hasn't been is much on what to look out for, and who would be most likely to have a radical change of belief.

This doesn't just apply to people becoming suicide bombers. It could be equally as likely to apply to people likely to turn to drugs, serious crime, or any other radical change.

The important point to remember when reading this is that it is a significant change in the pattern of behaviour that you would be looking out for and preferably over a reasonable time period.

It is important to remember that everyone is different. For example; some people like spending lots of time alone whereas other people want to spend lots of time in the company of others.

These changes will happen in the areas of getting emotional needs met. Generally if all of the emotional needs are met in healthy

ways then there is a far lower chance of the person needing to get any needs fulfilled elsewhere.

It doesn't eliminate the chances of someone being convinced to change long held beliefs but it does reduce the risk of this occurring.

Getting part of some of your needs met by a group or cult is perfectly healthy as long as the cult doesn't hold any extreme or dangerous views.

Sometimes it can be hard to know whether a specific cult has extreme views because they can have a tier system in place where you have to meet certain criteria before you are allowed access to another level of information.

Joining a group or cult can allow you to get a sense of belonging to a wider community; it can give you an added sense of purpose, and a belief in something greater than yourself.

As long as you have a balanced life then the cult will be fulfilling an appropriate level of your needs.

Unfortunately most people that turn to cults do so at a time when their needs aren't being met. Many people 'find' cults at a time when they have serious issues in their lives, or when they are

depressed, or at a time when, for one reason or another their life is lacking meaning.

This is the very time when you don't want to get involved with a cult because you will be almost powerless to stop it from controlling you. This is the time when you need to find help elsewhere, perhaps from friends or family, or by approaching a Doctor.

If you get involved with a cult whilst you are in a vulnerable state you are likely to be very easily sucked in.

The reasons why you will be so much easier to suck in are because they can meet, or promise to meet all of the needs that you don't have being met. If as a parent, friend or family member you see someone in a position where *they perceive* the situation that they are in as one that doesn't meet their needs fully then this is the time to get in there and help them.

Notice what needs aren't being met and help them to get those needs met. You might just save them from becoming stuck in a cult that they can't escape, and perhaps even from ruining their life completely.

Another reason why people that are depressed or in a highly emotional state are easier to get sucked into a cult, is because highly

emotional states automatically put you into a trance state. When you are in a highly emotional state you view the world through that emotion.

If someone is angry their whole focus is on what they are angry about. Anything else that interferes with that anger is likely to add to the anger and become part of the anger.

The angry person will only see their point of view, everyone else is wrong. When someone is depressed they will believe that anything good that happens was nothing to do with them, when anything bad happens it was totally to their fault.

They will see the world through their depressed view. Unfortunately the depressed view is the same view most cults install; the view that something else is responsible for all of the good things that happen to you.

This one view is often enough to draw people in if they ‘discover’ the cult at the time they are in this state of mind. They are likely to be told about how this ‘specific’ thing that is responsible for all the good that has happened to them is able to grant them more of it if they agree to form a relationship with it, so that they ‘deserve’ to get the good experiences, that ‘there is a way out’ of the current

situation, often an eternal life of peace and happiness, or some similar promise. Who wouldn't want this if they were feeling depressed?

Once the cult has dropped the line and 'hooked' you all it needs to do then is 'reel' you in. To do this the cult will very quickly show you how it can meet 'ALL' of your needs. Obviously they won't get out a checklist and tick them off as they show they can meet them. It will be implied by the way that they talk to you and the things that they do.

How Cults Meet Your Needs

To give and receive attention

As soon as you join everyone will seem especially nice to you. People will rally round for you. They are likely to be incredibly supportive and understanding. They will listen to what you have to say and feedback how supported you will now be.

You are likely to receive attention and feel listened to from many of the current followers and maybe even the leader at the early stages of entering the cult.

The mind body connection

They will often offer you ways to relax, like meditation or praying, both of which are likely to involve closing your eyes and breathing calmly for at least ten to twenty minutes in each sitting often many times a day. This will naturally calm the mind and relax the body, all of which will improve sleep (as will worrying less due to a change in beliefs now that you have joined the cult).

To have purpose and goals

The cult will tell you about all of the wonderful things you will gain from being a member and what you can achieve long term, like eternal life of a prime position in heaven.

They will tell you how you can achieve this building up a compelling picture and motivation in your mind, and all of the steps you will need to do. Cults easily rival many £500 weekend goal setting business courses.

Belonging to a wider community

You will be invited to larger meetings, you will regularly see the same people at your local meetings, you will have time to talk with each other and socialise. You will also have a sense that you belong to something larger than yourself because you are participating in promoting a specific group, cult or god.

The need for stimulation and creativity

You may be asked to input ideas and views, many of which are likely to be commented on favourably as good ideas even if they are not used in the end.

There is likely to be events either held by the group or cult or celebrations that you will be asked to help with. Often it is actively encouraged that people volunteer to take on tasks at such events.

You are also likely to have regular ‘study groups’ or meetings where you will discuss a topic to do with the cult to show you understand or to learn more. It could be that you are learning more about common questions people ask, or common objections people

come up with when recruiting others into the cult.

The need to feel understood and emotionally connected to others

Within the cult it will appear that everyone understands you, that many of them went through similar to what you went through. Due to having a higher belief that you all share it is only natural that you will feel a special connection emotionally to many members and to the cult leader or god.

The need to feel a sense of control & independence

This is probably the biggest illusion that you would face in a cult, and if you questioned how much control and independence you really have then you are likely to realise that it is less than you think. The cult will make out that everything is your choice, you can worship god and have eternal life or not worship god and be damned to eternal pain and suffering in hell, it's up to you? What you find though is that the options really are not that fair and even.

To feel a sense of security

The cult will appear to rally round for you when you need it. It will seem to always be there for you. The cult and its members will become the only people you feel you can rely on. You will feel safe when you are at the cult meeting place because you are surrounded by ‘friends’.

Having a sense of status within a social group

In many cults they will have a structure. As you stay in the cult longer you will be given more responsibility and perhaps more knowledge. It could be that you become responsible for encouraging new recruits, or for teaching the ways of the cult to small groups, as you continue to progress your status will continue to grow.

Sometimes you can be convinced that certain acts will increase your status considerably, even in some cases to a saint-like status. This promise can, for some people, be difficult to turn down. For example; if they believe that by dying they will be worshipped by millions of

people, and they believe that death will lead to the most incredible afterlife, and that their god will also be proud of them then these things will outweigh the fact that they will no longer have a physical body.

Having a sense of competence & achievement

Cults have a habit of continually praising their members for things they do that benefit the cult. This coupled with the progression and gaining of knowledge leads to an increased sense of competence and achievement. This sense of competence and achievement can also be gained by increasing confidence as you start to do things perhaps you had never done before, like standing in front of a group and speaking, or approaching people to talk to them.

Cult Psychological Manipulation

Just because the cult has a person 'reeled' in doesn't mean that that person would suddenly be willing to completely go against previously strongly held beliefs. The person may struggle to break free

from the cult and to gain back a level of freewill.

To make people completely go against their previously held beliefs the cult will need to use some psychological techniques to create change.

In most cases by the time someone is 'reeled' in they will have experienced so much of the psychological manipulation (especially in the first few months when they were perhaps depressed or in some other vulnerable state) that most people are likely to be fairly pliable to the cults ideas, beliefs and commands.

It is important to point out at this time that all of these techniques and skills I am about to describe are used by hypnotists and effective therapists in a positive way to create change in people.

Hypnotists and therapists aren't in a position to create strong negative change, even in some of the most vulnerable patients, because they don't see the client as much as a cult sees a follower.

This also means that if the hypnotist or therapist tried to negatively manipulate the client, because the client wasn't first made reliant on the therapist to meet all of their needs they would notice (either consciously or unconsciously) that they were being manipulated in a direction other than to resolve their issues and would leave

therapy and probably feel so uncomfortable with the therapist they wouldn't go back.

It is also important to point out that approximately 20% of people (irrelevant of intelligence or other factors) are naturally highly suggestible or hypnotisable.

This means that when a cult uses hypnotic techniques (knowingly or unknowingly) 20% of people are very likely to respond to them strongly.

So in a room of 300 people, about 60 of them are likely to respond strongly to any suggestions or manipulation.

It is actually likely to be higher over time because the least suggestible people are often more likely to drop out of the cult as their life sorts itself out, leaving the more suggestible followers there.

Although I have said that hypnotists and therapists can rarely negatively manipulate people there is an exception and that is therapists that hold workshops.

There are many workshops held on subjects from communication skills to stress management.

Some of these are used to manipulate people into wanting to attend more courses. Some are run like cults and gain cult followings

that helps to make large amounts of money for the organisers. Obviously there are also those courses that are run to benefit the participants.

Many large training organisations operate like cults. I have known of hypnotherapy, psychotherapy and counselling organisations that will get attendees on training courses to have to sign up for ‘compulsory’ therapy as part of the course, the therapy that they attend is usually with people that have previously trained with that organisation.

When the participant is trained up they will also be sent new participants to attend therapy with them. Many organisations are also often unwilling to divulge areas of their training to people without them paying large amounts and attending courses. This has led to many organisations that advertise saying things like ‘learn the secrets of top sales people’.

Research seems to show that you don’t need to undergo therapy yourself to become a therapist, you only need to undergo therapy if you have a problem that needs to be worked on.

It can actually be counter-productive for therapists to receive unnecessary therapy as it can create psychological problems.

Manipulation Techniques

There is a wide variety of techniques and skills that cults use, some knowingly, some unknowingly, to manipulate people into changing their beliefs. Here I will cover the main areas.

Yes set

The yes set is a favourite of sales people. It is a line of questioning or statements where the speaker is aiming to get continued agreement. This works because the more agreement that is created the harder it is for the listener to say 'no'. The questioning and statements will all be undeniable. They may not necessarily all be provable but the listener won't be able to say no.

Statements that could be said are things like:

'You all want to achieve a state of happiness, peace and

enlightenment’

‘The bible teaches many useful lessons that we can all learn from’

The reverse yes set

The reverse yes set is again always going to get agreement, but it will get agreement by getting negative responses. This is often mixed in with the yes set because if someone is always responding yes to everything some people are likely to get suspicious.

The reverse yes set gets agreement but gets ‘no’ responses. Again this helps to make it hard to give a genuine ‘no’ response.

By getting them to say no, either verbally or just an implied no it gives the listener a chance to say no and feel they maybe disagreeing and a feeling they have control over their decisions.

Some examples of reverse set statements could be:

‘You don’t want to be sentenced to eternal damnation’

‘You don’t want to miss out on the chance for eternal peace

and happiness’

Tag questions

Tag questions are questions where you add a negative onto the end of what you say.

Too many tag questions together can seem false so it often gets used on key points that the cult speaker want to increase the chance of agreement.

Tag questions add ‘don’t you’, or ‘do you not’, or ‘have you not’, or ‘haven’t you’, to the end of the sentence, or other similar negative.

This takes away the need for the listener to think of the negative response or to give a negative response to the question.

Some examples of tag questions could be:

‘I’m sure you would all agree that peace and happiness of mankind is worth fighting for, do you not?’

‘Our freedom is something that we should all fight to achieve,

shouldn't we?

Compound suggestions

Compound suggestions are carried out often over a longer period of time. They could take place throughout the whole meeting with the speaker adding suggestion on top of suggestion to increase the effects of them.

A compound suggestion is a suggestion where one part adds onto the next part, which adds on to the part after that eventually leading the listener towards outcomes that the cult speaker wants to achieve.

This is usually done by starting with truisms, sentences or statements that are undeniable. Some of the most effective cult leaders will start with statements that are more vague to apply to more people.

Some examples of compound suggestions in use could be:

‘Many of you have come here today to find out more about what this is all about, others of you may have some questions you

want answered or a level of curiosity and I see some familiar faces... (pacing the current situation, covering all options)...and you can listen to me and learn what you will about having a belief in something greater than yourself... (compounding on the last part, making the two parts seem linked, if the listener follows the last part they are now likely to follow this part, if they follow this part they are likely to follow what comes next.

Each part is connected with 'and' or a pause to make them seem like they should be connected)...and you can wonder what it is that you can believe in that is greater than yourself... you can wonder how a belief in the lord god can lead you to a place of enlightenment, peace and harmony...etc... (This kind of talking may go on for many hours in some cases either in a monotonous tone or during a situation that is designed to evoke strong emotional feelings)

Contingent suggestions

Contingent suggestions are similar in structure to compound suggestions but how they work is they make one part of the communication contingent on the preceding part (because of

this...this can also happen).

A natural contingent suggestion that I think most people have used is; 'It's a sunny day, let's go swimming'.

It makes it seem like the first part means the second part should happen. In reality being a sunny day doesn't mean you would have to go swimming, but when said together people often don't question it, they just see that it is sunny so agree to part two.

An example of contingent suggestion in use could be:

'You've all seen what is happening around the world today, how much violence and suffering is going on, (next part is made contingent on the first part) you can clearly see how the end of the world is approaching and that people working unwittingly for the devil are going to be the cause of this great war between good and evil. As true believers only we will be granted a place in heaven (contingent on accepting the last part about good and evil, the only way to accept this part is to also accept the implication that you are on the side of good which means you MUST be a true believer – who would want to accept they may be evil?).'

Embedded commands

Many cult leaders probably don't realise that they use embedded commands, if they did they would be in a position to use them even more efficiently and so become even more influential. Embedded commands work by embedding, or emphasising commands within ordinary sentences.

This emphasis could be done with a change in tonality or with a specific gesture. The important point is that it is marked out from the rest of the sentence in some way that is repeated over time so that the unconscious minds of the listeners begin to pick up on the pattern and respond to the 'hidden' message.

An example of embedded commands that could be used (the embedded part is in bold and would be emphasised with a tonal change or a gesture):

'Many people **believe in god** and **experience great change** within themselves as they **learn more about the bible**'

Double Binds

Double binds are used by cults to create the illusion of choice in the listener. It continually appears that choice is offered when in reality it isn't.

The options the listener is offered all have the same outcome. One of the reasons that all of these techniques work so well in a cult setting is that the listener is kept off balance and not given a chance to back track over previous statements.

Some examples of how double binds can be used:

‘As you listen to what I’m saying you can decide what you can do to show your support, or you can think about how you can help us to spread the word of god...’

‘I don’t know whether your belief in god will be strengthened by the changes that occur in your life or whether it will be because of a change in the way you think about things...’

Metaphors

All cults use metaphors or stories to plant ideas in the listeners mind. This is such a natural feeling process; we all do it with children. We tell children stories, like 'the ugly duckling', to plant ideas in the child's mind that they can learn from and use in areas of their life. In most cults they have large texts that are full of stories that can be used to explain points to the listeners.

I had the experience in a religious meeting where the speaker used a story about a toothbrush and brushing your teeth to start his talk on why it is more important than ever to believe in god now. Cults seem to thrive on responding to what people say with stories that plant patterns in the listener. Often the ideas contained in the stories don't get consciously noticed by the listener, they just sink in. People have an inbuilt response to stop and listen to stories and to remember the basic structure of stories. For many thousands of years this was the only way to pass on information and ideas. Telling stories have helped to create many cultures.

Presuppositions

Presuppositions are where the cult speaker presupposes a specific outcome or point without directly stating those points. In their most basic form they are created by using words like; as, while, before, after, during. The idea is to imply a specific point without stating it.

An example of presuppositions could be:

‘As you listen to this next story you can notice the areas that will help you to better understand god’ (Implication that areas will help you to better understand god)

Nominalisations

Nominalisations are words with no fixed meaning. They are words that have different meanings for different listeners. These words have an enormous effect on the listeners because to each listener the words will carry a different meaning that will make them

seem specifically tailored to the listener.

These words are words like:

Relaxation, salvation, enlightenment, happiness, excitement, freedom, discovery, wonder.

An example of nominalisation use could be:

‘We have all come here today to discover the wonder of god... to explore how god influences the lives of each and every one of us in a way that is positively beneficial... and we can all understand our reasons for serving the lord god... we all know the joy and enlightenment we will experience when we go to heaven and the sacrifices that we will need to make...etc’

Re-framing

Another skill used within cults is the skill of re-framing. Re-framing is where a new meaning is given to a situation. This is clearly

shown when people ask religious believers whether a recent disaster and all of the deaths has shaken their beliefs. They often claim that it has actually done the opposite; it has actually made their belief stronger. They will usually re-frame the situation to themselves so that it supports their belief. This becomes part of many believers' ways of justifying current beliefs. It is also used by leaders to twist arguments that non-believers present.

Some examples of re-framing could be:

'We're not killing innocent people, we're freeing the innocent'

'They aren't trying to bring peace; they are trying to destroy our freedom.'

Anchoring

Anchoring is another widely used skill by cults. Anchoring is where a stimulus and a response are linked together, even if they are unrelated. The cult leader may always say a specific phrase each time they elicit a specific level of emotion, halleluiah, or amen are often

used at key points so that when that word is used later on in the service the listeners will automatically go back into the same emotional state of mind they were in when it had regularly been previously stated.

Anchoring effectively is conditioned learning. Just like Pavlov's dogs saw a chunk of meat and heard a bell ring several times, then when a bell was rung in isolation (no meat) the dogs still salivated as if the meat was present. This is the same process. It doesn't matter how intelligent you are or how much you think it wouldn't work on you, everyone is susceptible to anchoring.

When a cult leader uses anchoring they can begin to control what you feel and when you feel it. All they have to do is to evoke the state of mind in you that they want to anchor a number of times, which could be with stories or music or praying. Then whatever 'anchor' they used when evoking the state can be used again to re-evoke it at a time when it is needed.

One of the main influences I see is 'anchoring' of emotional trance states that are 'deepened' over time. The trigger being the church (or whatever it happens to be), pattern matching to a powerful

emotion that all decisions are made from (the thoughts). It happens with love (strong trance state, sometimes bad or at least biased decisions), Anger (one sided biased often bad decisions), Depression (again a specific thinking style leading to specific decisions and views).

I believe that different emotional states/trance states have different thought processes, different levels of association/disassociation and different levels of conscious/unconscious involvement. And obviously the conscious/unconscious 'speak' different languages so the level of involvement can be altered by talking in a way that is aimed more at one than the other increasing its dominance. My description of hypnosis being advanced communication skills is that it is using skills known to communicate purposefully with both parts of a person not just haphazardly or only to the conscious mind. This allows us to alter states easier than someone without hypnosis skills.

The Structure of Many Cult Meetings

Most cults seem to follow a similar pattern when they hold their meetings:

Telling stories

Often they start with someone telling stories. These stories will be laying down patterns for what is to come. This gives your mind a template, or a preview of what will be expected.

Creating a yes set

The speaker will get the listeners to be continually agreeing with what is being said. This is often done with truisms (undeniable facts being stated).

This agreement is not necessarily always a verbal yes response, the yes could be implied.

Creating a no set

At the same time as the yes set the speaker will throw in a number of questions where the listeners will say or think no, but each of these no answers will still be in agreement with what is being said.

Like the yes set, the no may only be an implied response not necessarily a verbal no response.

Re-framing meaning and using out of context examples, using contingent suggestions etc

This will be done to justify actions that may be asked of the listeners. I remember hearing someone ask a question of a religious follower about forcing their beliefs onto others, the response was ‘we don’t force our beliefs on to others we just spread the word.’

Rhythms, the power of music and altering states of mind

Rhythms are trance inducing, they alter the listeners state of mind making them more receptive to suggestions given by the speaker, they create a hypnotic like state in the listeners.

Music and singing also makes everyone carry out a ritualistic behaviour where they are all behaving the same and falling into rapport and all responding the same to the speaker.

The more people respond to instructions the more likely they

are to respond to the next set of instructions.

If they are told to sit and they do, and then they are told to stand and they do, and then told to sing hymn 301 and they do, they will be more likely to continue to follow orders.

Many cults burn incense or other substances that cause a light-headedness which also increases susceptibility.

Building emotional arousal and creating a receptive state

Using the music and a rhythmic voice the cult leader will try to increase the level of emotion in the room. The higher the level of emotion that they can create the more control over the listener they can have.

This is because high levels of emotional arousal shut down the higher areas of the brain. This is why whenever you are emotional you make bad decisions, you stop thinking and processing effectively.

The speaker wants to create a receptive state in the same way a magician wants to build up suspense to enhance the finally, which in this case is the listener believing and going away spreading the word, being a follower of the cult.

Giving direct commands

Lastly they will give a number of direct commands, or at least encourage the listener to say those commands to themselves out loud, like 'I believe'. These commands are often highly effective due to the responsive nature of the listener that has been created.

Some cults may also add scare tactics into their service. They may try to convince you how the devil will get you if you stop believing or any number of other scenarios. These, at this point, often work because a part of you is thinking 'what if this is all true...' this traps you in the cult.

When you are in a highly emotional state of mind it is difficult to not see a 'what if...' come to mind. Most people are highly unlikely at this point to think to themselves 'that was rubbish...' and just walk home.

What Makes Someone Willing to Die for a Belief?

One question that is on many people's mind currently is how

can it be possible to make someone go from ‘normal’ acceptable beliefs and views to being willing to die for a belief.

It isn’t just cults that manage to convince people to die for their beliefs, politicians and many leaders manage to convince people to fight and be willing to die for a cause.

One of the key ways of encouraging people to be willing to resort to such extreme behaviour is to be telling them things out of context. Religious leaders often ‘quote’ ‘facts’ from a religious text that is out of context from the story that it was contained within to answer a question or to make a point about why the listener should follow a given path or carry out a specific act.

Leaders often only mention those things that back what they are saying. Many countries do this to encourage people to go to war and fight for their country. Many cults and other leaders will also glorify those that have died for the cause.

Cults will often claim that these people have made the supreme sacrifice for their belief and so will get a special place with god in heaven. As mentioned previously re-framing is regularly done to change the meaning of any arguments given by the listener against dying for a belief.

The most common way to make people fight and die for a belief or carryout an act that many would see as wrong is by making the person 'blind' to what they are doing and seeing others do.

When a stimulus is constant it becomes invisible. This happens on all of our senses and happens to all of us all of the time. If someone wears glasses they will get used to the feeling of the glasses and so no longer be aware of them unless someone draws their attention to the glasses or the move making the glasses move. This happens with our clothes, it happens with pain, it happens if there is a constant noise, we stop being aware of it, if there was a constant spot in front of your eyes you would stop being aware of it.

This also happens as we watch television. We 'desensitize' to what we watch and what we hear in the media because it is always there. The same happens in our workplaces. We may be annoyed about a proposed change that is going to happen, we may complain about it but ultimately if it doesn't change back we get used to it and accept it, or we leave.

In Police Forces and Armed Forces all over the world this process is happening. The officers and soldiers etc that are in these services unknowingly are being manipulated to think in a specific way.

Marching and rhythms are used to induce a trance state. At the same time the people are following instructions (accepting them means they are accepting a 'Yes Set' and becoming more compliant). This puts them in a trance that is initiated by the commanding officers. They have post hypnotic suggestions set up (anchoring) that when they hear a specific tone of voice and a specific phrase they respond in a specific way.

The process for 'becoming blind' to stimulus is used. Those that cause problems or go against the grain are either removed from the system or they succumb and become a part of the system. People are made to be in close proximity of each other. This raises people's emotions and increases a united mentality. The same process occurs at football matches when hooligans start causing trouble and ordinary bystanders end up joining in and behaving the same as the hooligans. Yet afterwards when they are calm and looking at what they did they can't believe they behaved like that.

Vague terms are used to describe the 'common cause' so that everyone thinks they are fighting for the same purpose yet they all have a slightly different opinion of what that purpose is.

All of this together can lead to high levels of compliance and

people unquestioningly carrying out behaviours they wouldn't normally feel are acceptable.

Finally

This has been a basic outline of how people can be manipulated by cults and can get sucked in by extremism. To reduce the chances of getting sucked in by a cult it is important to make sure that your emotional needs are being met appropriately.

Look out for any changes in behaviour of loved ones and any dramatic increase in them having their needs being predominantly fulfilled by a cult, religion or other organisation or group. The same applies within peer groups with teenagers.

If you do start noticing that their needs don't seem to be getting met appropriately then make an extra effort to help those needs to become met by friends (appropriate friends), family and other loved ones. Share an interest with them. If someone has all of their emotional needs met appropriately they are far less likely to get in with an inappropriate peer group or cult.

Just having an awareness of how cults, politicians and other

influential leaders can reduce the effectiveness of their techniques because you begin to notice them and often begin to find most of them laughably obvious.

To avoid falling into the trap of false beliefs always take time to go away from the situation, discuss any views with friends or loved ones and listen to their point of view taking it seriously. This will help to make informed decisions not spontaneous rash decisions.

How Your Emotional State Can Be Used Against You

All emotional states are trance states. When someone is angry they go into an anger trance where they see only their point of view, everything is black or white etc... And the more angry they are the more focused they become. I've dealt with people trying to kill people and felt no risk to me at all as they are so focused on the person they are trying to kill it is as if I'm not there. Depression is another common trance state where people take on a specific thinking style (everything good that happens is someone else's fault, everything bad that happens is their fault, things are always bad and any good that happens is a 'one off' exception).

As well as obvious emotional trance states like these people

also go into trance doing everyday tasks. To carry out any task without thinking about it (like tying shoelaces, brushing teeth, shaking hands, driving, etc) people enter a trance.

Whenever you interrupt a pattern the reorientation response fires in the persons brain. This response is not normally physically noticeable. On occasions it can be though. For example the falling feeling you get when falling asleep sometimes is that response firing, the jump you get when you hear a loud bang and want to know what it is, is also the response firing. Once it has fired you wait momentarily in a state of limbo (a trance state, likewise if a natural pattern is interrupted you 'pause' in that trance state). This for many people is only a pause for a second or so while your brain latches onto what is happening next, or what the explanation is (for example: discovering the loud bang is a car backfiring, or being told to 'sleep' by a hypnotist (either overtly or implied) just after having a pattern interrupted) the person then acts on this information. They can ignore the information or 'snap out of it' at any moment as new information comes in. So if they didn't want to be hypnotised **and noticed they were being hypnotised** they could 'pull themselves together' and come out of that trance.

People are always in a trance. The question is how deep and is someone else controlling it. When someone watches a film on TV or in the Cinema they go into a trance. The more absorbing the film the deeper they enter trance (likewise with playing computer games). The trance shuts out more and more of external reality the deeper the person goes. So they may ignore someone asking if they want a cup of tea, or they may answer but not be aware they answered. The deeper they are (more absorbed they are) the more responsive they are to what is happening on the screen. So if they watch a horror film and aren't really paying attention they don't have much change in anxiety levels (sweating, pulse increasing etc). If they are in a dark room and really absorbed in the film, they will jump at scary bits, they will 'feel' scared with faster pulse, sweating etc, they may even become absorbed enough to separate from reality enough to temporarily 'believe' what they are seeing. They may not realise this though until after they have watched the film and feel uncomfortable turning the lights off etc...this is a sign that although they are now not in that trance they did 'believe' what they were watching while watching it as some of that belief has led to what is now thought of as an irrational

response (which in most people will be gone by the next day, or in a couple of hours, or even quicker if you can get absorbed in something completely different to totally separate from the film)

For a trance to include another person they need to be involved in creating the trance and the subject needs to continue to allow them to be involved (assuming they realise the other person is involved). Love is a natural trance state where you have allowed someone to be involved in your trance. It is by thinking about them, or things associated with them, or seeing or talking to them etc that puts you into that trance. Likewise for anyone that wants to be a part of someone else's experience they talk with the person about things that make the person become absorbed (it can be becoming absorbed because it is something pleasant or interesting to follow, or because it is vague and so the person needs to go inside their mind to find the meaning in what they are being told, or if the speaker is generating emotional feelings in the listener - which is frequently done at religious gatherings, motivational courses and political rallies) they go into a trance but allow the 'speaker' to be a part of it; influencing their experience and guiding them.

Universal Consciousness

Many years ago I decided to sit down and meditate on a question until I got an answer. I sat down on a beach, began to listen to the water lashing on the shore, listening to the wind, to the sound of the birds, to the distant sound of people walking around, the even more distant sound of traffic, the feeling of the air entering and leaving my body with each breath, the change in temperature of that air, the feeling of my body sat where it was. As I continued I began to experience images in my mind relating to my question. When I woke from this altered state I noticed that many hours had passed, yet at the time I had no awareness of the passing of time, everything appeared to be eternal.

The question I meditated on was “Do we have past lives and after we die will we have future lives?”

I had no expectations of what answer I would get and was surprised with the answer I got.

The answer I got explained some of the inconsistencies of current past life ideas.

We are all made up of matter (solid form of energy), energy holds information (memories – I'll write more on the subject of information transduction at some point), energy in its natural form is a part of space-time, it holds past and future information as it is unaffected by the flow of time, it is timeless and everlasting. When a person is born they are formed out of energy, each bit of matter in their body is a unique collection of universal energy, this means that every person is born with a random selection of memories from the past and the future. As someone dies their energy transfers back to nature and follows a cycle to end up in a person that will become a mother, as cells grow this baby is born with a selection of memories from the energy that has become them.

This is only a short basic outline but as I sat meditating I began to see the implications, this could explain psychic abilities

(people being able to match their brainwaves with this universal energy). It could also explain why many people can all claim to have lived lives as the same person in the past (because each person has some of the energy that made up that person in the past so they all technically did live as that person). People able to access a state of mind that allows viewing of future events also becomes possible. It means that just like we are all made up of particles that once made up stars, we are all also made up of energy that once made up other people and will make up other people in the future (with each packet of energy containing a selection of past, present and future memories).

This means that when people die they aren't really dying they are just living on as energy without a physical body, their memories and spirit lives on and is transferred to the creation of future people.

I remember watching a programme a couple of years back (and seeing many articles) that some scientist think they have found evidence of humans being able to see the future (or at least have an unconscious awareness of it). I know other scientists have been trying to work out how many bits of information can be stored in each atom

(which is made even more interesting by discoveries in the field of Quantum Physics relating to quantum computing)...

Living on beyond death

A few years ago I watched an interesting program about people's personalities changing after they received transplants from dead organ donors. These people didn't know the donors of their organs, they didn't know any information about the donors yet they took on characteristics and traits of the dead donors. I found this interesting as it meant that perhaps those people that were thought to be dead were somehow living on.

Over the years I have received training in a wide range of disciplines from psychotherapy to hypnosis, to various forms of meditation, to guided imagery, to various energy therapies and other healing arts to mind-body therapies. In my training I have been told numerous times about how scientists have discovered that neurons exist throughout the whole body not just in the brain. Neurons are cells that store memories and information. It has been thought that

the neurons spread throughout the body serve local roles like muscle memory etc so that, for example if you are falling over you don't need to send a signal to the brain then back to the muscles to tell them what to do to make them respond by putting your arms out as you fall, instead they can make that decision independently of the brain.

Scientists that have been looking into personality changes and memories of events that the donor had that the recipients claim to experience have suggested that the neurons throughout the body contain memories in the same way that the brain does and that when an organ gets transplanted so do the memories stored within the organ.

Research that I would like to do to test a theory is to use hypnosis to communicate with the memories contained within the transplanted organs. If organs are capable of storing real memories then it may be possible to communicate directly with the donor. The main organ that seems to lead to reports of memories and personality changes is donor hearts.

I have used hypnosis regularly to talk to different parts of a person and have got responses, for example; I have spoke to women's breasts to ask them to grow, I have spoken to people's skin to clear up

psoriasis, etc. If it is possible to talk to parts of the body under normal circumstances then it may be possible to do the same (although the process would be slightly different to create dissociation from the normal person) and to talk to the donor organs, which would mean that the dead person really isn't entirely dead and can still be communicated with.

It should be a comfort to people to think that if they allow their organs to be donated or the organs of dead relatives then those people will live on for many more year and potentially can still be communicated with through the use of hypnosis. What is unknown and still under research is what memories are stored where?

Finally

Finally; this book has been written because my dream is to help create a better world and to teach others how they can take control of their own mind to work towards that common goal.

One person doesn't get listened to but a whole crowd does. If hundreds of thousands or even millions of people started to spend time looking at where we want the world to be in 50 years time, then 25, 15, 10, 5, 3, 2, 1, right the way back to six months time and even now we can know from our own perspective what we; as individuals need to do right now to take action towards that future. We all have our own unique skills; we all have something different we can do. For one person it may be to make their company a 'greener' company, for someone else it maybe to increase the recycling at home, someone else may put the wheels in motion to become president or prime minister in about 10 years time. We all may agree on what future we would like in 25 or 50 years. What we want it to know what we as individuals can do now.

This book has been written to make sure that you as an individual

does what you as an individual wants to do, rather than thinking that you are making your own decisions day to day, only to get to the future and discover you were doing what someone else led you to do.

If you use the Stargazing technique for your own changes and changes towards a common goal and use the knowledge and ideas in this book to avoid yourself, your friends and your family being manipulated then together we can create the future we want to live in rather than live in the present that has been created for us by people in the past.

